Country Disco (P)



編舞者: Lee Siebert (USA)

音樂: Slow to medium tempo swing music



Position: Side by side, forward LOD

For counts 1-18, lady is mirror image of man's steps, outside refers to man's left and lady's right, inside refers to man's right and lady's left

1	Swing outside foot forward and to center, lightly tap partner's foot
2	Swing outside foot to side and tap toe
3	Swing outside foot to rear and lightly tap partner's foot
4	Swing outside foot home and take weight
5-6	Bump hips together twice
7-8	Hips apart twice
9-14	Three polka or shuffle steps forward (starting inside shuffle, outside, and inside)
15	Outside foot forward and pivot ½ turn toward partner (both facing reverse LOD, in left skaters position)
16	Step back on outside foot
17	Step back on inside foot
18	Swing out foot to front and lightly tap partner's foot

MAN LADY

19	MAN: Right toe touch to right side
	LADY: Bring outside foot home (take weight)
20	MAN: Right toe touches behind left foot (while raising right arm)
	LADY: Step down right foot pivoting ½ turn to left (forward LOD)
21	MAN: Right toe touch to right side
	LADY: Step down on left foot (take weight)
22	MAN: Right foot swing forward lightly touching lady's right instep
	LADY: Right foot swing forward lightly touching man's right instep
23	MAN: Right foot home (take weight)
	LADY: Right foot home (take weight)
24	MAN: Left foot swing forward lightly touching lady's left instep
	LADY: Left foot swing forward lightly touching man's left instep
25	MAN: Left foot step to left side
	LADY: Left foot step to left side
26	MAN: Right foot step forward
	LADY: Right foot step forward and to the man's right side
27	MAN: Left foot swing forward lightly touching lady's left instep
	LADY: Left foot swing to rear lightly touching man's left instep
28	MAN: Left foot step back
	LADY: Left foot step back
29	MAN: Right foot step to right side
	LADY: Right foot step to right side
30	MAN: Left foot step forward
	LADY: Left foot step forward to man's left side
31	MAN: Right foot swing forward lightly touching lady's right foot
	LADY: Right foot swing to rear lightly touching man's right foot
32	MAN: Makes ½ turn to his left by stepping ¼ turn with right foot and finishing turn pivoting on
	left foot

LADY: Bring right foot home (take weight)

BOTH PARTNERS

33 Hold

34-36 Step back inside foot, outside foot, and inside foot (taking weight)

REPEAT