

DISCO

32 count beginner

2 wall or contra line dance

Music: D.I.S.C.O. by Ottawan

You're My Number One by S Club 7

Take it Back by Reba Mac Intyre

Stayin' Alive by Bee Gees

Choreographer: Cindi Talbot

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WALK FORWARD WITH TOUCH/WALK BACK WITH TOUCH

1-4 Walk forward R,L,R, touch L toe forward

5-8 Walk back L,R,L touch R toe back

RIGHT VINE WITH TOUCH/ LEFT VINE WITH TOUCH

(Variation: Rolling vine R, rolling arms and pointing R/ Rolling vine L, rolling arms and pointing L)

9-12 Step R to right, step L behind right, step R to right, touch L toe beside right

13-16 Step L to left, step R behind left, step L to left, touch R beside left

FOUR STEP TOUCHES

(Variation: Step touches forward and back)

17,18 Step R to right, touch L beside right

19,20 Step L to left., touch R beside left

21,22 Step R to right, touch L beside R

23,24 Step L to left, touch R beside left

SHUFFLE FORWARD RIGHT/ SHUFFLE FORWARD LEFT

(variation: roll arms with each shuffle)

25&26 Shuffle forward RLR

27&28 Shuffle forward LRL

¼ PIVOT LEFT/¼ PIVOT LEFT

(variation: point R arm right with each step forward)

29,30 Step forward R, pivot ¼ turn left putting weight on L foot

31,32 Step forward R, pivot ¼ turn left putting weight on L foot

Begin again and have fun!

p.s. Lots of fun as a contra dance