

# Strictly Disco

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gary Lafferty (Sept 2010)

**Music:** "You Should Be Dancing" by The Bee Gees. 124bpm , available on "Ultimate Bee Gees" album

## Floor Splits: "Ten Out Of Ten" or "Closer" or "Tennessee Waltz Surprise"

### 32-count intro

### SYNCOATED GRAPEVINE to RIGHT ; LEFT SAILOR $\frac{1}{4}$ TURN , STEP FORWARD , $\frac{1}{2}$ TURN BACK

- 1-2** Step to Right to Right foot , cross-step Left foot behind Right
- &** Step to Right on Right foot
- 3-4** Cross-step Left foot over Right , step to Right on Right foot
- 5&6** Left sailor step making  $\frac{1}{4}$  turn to Left (9 o'clock)
- 7-8** Step forward on Right , turn  $\frac{1}{2}$  Right stepping back on Left foot (3 o'clock)

### BACK-LOCK-BACK , & TOUCH , HOLD ; & ROCK FORWARD , RECOVER , LEFT COASTER STEP

- 1&2** Step back on Right foot , lock-step Left foot over Right , step back on Right foot
- &3-4** Step back on Left foot , touch Right foot forward , hold
- &5-6** Step on Right foot beside Left , rock forward on Left foot , recover weight back onto Right foot
- 7&8** Step back on Left foot , step on Right foot beside Left , step forward on Left foot

### STEP, LOCK , & STEP , LOCK ; & WALK , WALK , ANCHOR $\frac{3}{4}$ TURN

- 1-2** Step diagonally-forward Right on Right foot , lock-step Left foot behind Right
- &** Step slightly forward on Right foot
- 3-4** Step diagonally-forward Left on Left foot , lock-step Right foot behind Left
- &** Step slightly forward on Left foot
- 5-6** Step forward on Right foot , step forward on Left foot
- 7&8** Triple-step in place (stepping Right , Left , Right) making  $\frac{3}{4}$  turn over Right shoulder (12 o'clock)

## **STEP LEFT, TOUCH BEHIND, STEP RIGHT, TOUCH BEHIND ; TOUCH ACROSS, BEHIND, KICK-BALL-STEP**

- 1-2** Step to Left on Left foot , cross-touch Right foot behind Left
- 3-4** Step Right foot out to Right side , cross-touch Left foot behind Right
- 5-6** Cross-touch Left foot diagonally-forward Left, cross-touch Left foot behind Right
- 7&8** Kick Left foot forward , step down on Left foot beside Right , small step forward on Right foot

## **KICK-BALL-STEP, LEFT MAMBO; SLIDE with HIP PUSH, STEP; SLIDE with HIP PUSH , STEP**

- 1&2** Kick Left foot forward , step down on Left foot beside Right , small step forward on Right foot
- 3&4** Rock forward on Left foot , recover weight back onto Right foot , step back on Left foot
- 5** Slide Right foot back (towards Right back diagonal) pushing Right hip up
- 6** Slide Right foot beside Left taking weight
- 7** Slide Left foot back (towards Left back diagonal) pushing Left hip up
- 8** Slide Left foot beside Right taking weight

## **SWIVEL WALK FORWARD, CROSS & HEEL; & ¾-TURN WALK AROUND, TOUCH BEHIND**

- 1** Step Right foot forward towards Right diagonal with toes turned out
- 2** Step Left foot forward towards Left diagonal with toes turned out
- 3&4** Cross-step Right foot over Left , small step to Left on Left foot , touch Right heel diagonally forward Right
- &** Step down onto Right foot
- 5-7** Make ¾ turn over Right shoulder walking Left , Right , Left
- 8** Cross-touch Right foot behind Left

## **START AGAIN**

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