

# Crisco And Disco

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**Count:** 32                      **Wall:** 4                      **Level:** Absolute Beginner

**Choreographer:** Nidhi Risi (CAN) - May 2026

**Music:** Crisco - Miranda Lambert

**Intro: Starts on vocals after 8 counts, NO TAGS/NO RESTARTS, YIPPEE!**

## **SECTION 1: LINDY R&L**

- 1&2**            Step R to R side, step L beside R, step R to R side
- 3 4**            Rock back on L, recover R
- 5&6**            Step L to L side, step R beside L, step L to L side
- 7 8**            Rock back on R, recover L (angle body diagonally R at 1:30)

## **SECTION 2: WALK FWD DIAGONALLY R, L, R, KICK L, WALK BACK L&R, L COASTER STEP**

- 1-4**            Walk forward in the right diagonal (1:30), right, left, right, kick left
- 5 6**            Walk back to centre left, right
- 7&8**            Step left back, step right beside left, step left forward while straightening back to 12:00

## **SECTION 3: WALK FWD DIAGONALLY R, L, R, KICK L, WALK BACK L&R, L COASTER STEP**

- 1-4**            Walk forward in the left diagonal (10:30), right, left, right, kick left
- 5 6**            Walk back to centre left, right
- 7&8**            Step left back, step right beside left, step left forward while straightening back to 12:00

## **SECTION 4: R&L TOE STRUTS, ¼ TURN R, R&L TOE STRUTS**

- 1 2**            Touch R toe forward, drop R heel (optional hip bumps R. L, R)
- 3 4**            Touch L toe forward, drop L heel (optional hip bumps L, R, L)
- 5 6¼ turn R as touching R toe forward, drop R heel (3:00), (optional hip bumps R. L, R)**
- 7 8**            Touch L toe forward, drop L heel (optional hip bumps L, R, L)

**Repeat :)**

**Ending: On section 4 on last wall for counts 5-8, touch R toe forward, drop R heel (6:00), step L forward, ½ turn pivot R to end at 12:00**

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