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Disco 100

32 Count, 4 Wall, Improver Choreographer: Iwan Loebis (INA) Feb 2011 Choreographed to: Two Tribes by Frankie Goes To

Hollywood (Disco Remix)

1 1-2 3&4 5-8 7-8	STEPS, CHASSE, TRAVELLING TURN, HOOK Step R to right side, step R next to R Step R to right side, step L next to R, step R to right side 1/4 turn left step L forward, 1/2 turn left step back on R 1/4 turn right step L to left side, hook R forwards				
2 1-2-3-4 5&6 7&8	CROSS AND TOUCH, SAILOR 1/4 TURN, KICK BALL CROSS Cross R over L, touch L out to left side, cross over R, touch R out to right side '4 turn right stepping R behind L, step L next to R, step R forward Kick L forward, step L next to R, cross R over L				
3 1-2 3&4 5&6 7&8	ROCK RECOVER WITH 1/4 TURN, FWD SHUFFLE,1/2 TURN, STEP, CROSS, SIDE CROSS Rock L to left side, recover on R making ¼ turn right Step L forward, step R next to L, step L forward Make ½ turn right step back on R, step L to left side, cross R over L Step L to left side, step R to right side, cross L over R				
4 1-2 3&4& 5&6 7&8	ROCK RECOVER, FLICK, 1/4 SHUFFLE TURN, KICK BALL STEP Step/rock R to right side, recover on L Change weight in place on R, L, R, flick L back (counts 1 to 4 with hips movement) Step L to left side, step R next to L, make ¼ turn right stepping L to left side Kick R forward, step R next to L, step L forward				
TAGS	Two Tags: after 2 nd WALL AND 5 th WALL				
After 2 nd 1-2-3 4-5-6 7-8	wall do the dance as follows: SIDE STEPS Step R to right side, step L to right side, Step R to right side Step L to left side, step R to left side, step L to right side Step R to right side, step L to left side				
1-2-3-4 5-6 7&8	VINE, ROCK RECOVER, CROSS, SIDE, CROSS Step R to right side, cross L behind R, step R to right side, cross L over R (optional: can be done become 2 times full turn) Step/rock R to right side, recover on L Cross R behind L, step L to left side, cross R over L				
1&2 3-4 5-6 7-8	LEFT CHASSE, CROSS, 1/4 TURN, 1/2 PIVOT TURN, ROCK RECOVER Step L to left side, step R next to L, step L to left side Cross R behind L, ¼ turn left stepping L forward Step R forward, make ½ turn left (weight on L) Step/rock R to right side, recover on L				
After 5 th 1-2-3 4-5-6 7-8	wall do the dance as follows: SIDE STEPS Step R to right side, step L to right side, Step R to right side Step L to left side, step R to left side, step L to right side Step R to right side, step L to left side				
1-2-3-4 5-6 7&8	VINE, ROCK RECOVER, KICK BALL CROSS Step R to right side, cross L behind R, step R to right side, cross L over R (optional: can be done become 2 times full turn) Step/rock R to right side, recover on L Kick R forward, step R next to L, cross L over R				