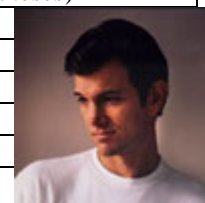


DANCIN' DISCO

Choreographers:	Music: Chris Isaak CD "Baja Sessions" Track 11 "Dancin'" or mp3 file
Annette & Frank Woodruff	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
Rue du Camp, 87	Rhythm: 3-count hustle or "discofox"
7034 Mons, Belgium	Phase: Unphased, very basic
Tel: 00 32 65 73 19 40	Release date: April 2006
Fax: 00 32 65 73 19 41	Time & Speed: CD speed slowed 3 %, shortened to 3:12
E-mail: anfrank@skynet.be	Sequence: Intro-A-B-C-A-BMod-C-A-BMod-Ending



INTRODUCTION

1 - 2		Wait;;	Dbl Hndhld WALL wt 2 meas;;
3 - 5	4x QQ&Q	Basic 2x ~	Fwd L (<i>W fwd R</i>), rec R, ball/chg*, fwd L (<i>W fwd R</i>); rec R, ball/chg*,
		L turning Basic 2x ;;;	Widening the bfly fwd L (<i>W fwd R</i>) trng ¼ LF, bk R (<i>W bk L</i>) trng ¼ LF; narrowing the bfly ball/chg to fc COH, rpt to fc WALL;
6 - 8	4x QQ&Q	Basic 2x ~	Fwd L (<i>W fwd R</i>), rec R, ball/chg, fwd L (<i>W fwd R</i>); rec R, ball/chg,
		R turning Basic 2x ;;;	Widening the bfly fwd L (<i>W fwd R</i>) trng ¼ RF, bk R (<i>W bk L</i>) trng ¼ RF; narrowing the bfly ball/chg to fc COH, rpt to fc WALL;
9 - 10	QQ&Q	Lady's Link ~	Fwd L, rec R (<i>W fwd R twd M's R side trng 3/8 RF, bk L trng 1/8th RF to SCP WALL</i>), ball/chg,
	QQQQ&Q	Double Twirl Exit;;	Fwd L raisg ld hnds (<i>W fwd R</i>); cl R, fwd L, rec R (<i>W fwd L trng ¾ RF, sd & fwd R twd WALL trng ¾ RF, bk L to fc COH</i>), ball/chg LOP-FCG WALL;

PART A

1 - 3	2x QQ&Q	Change Hands Behind the Back 2x ~	Fwd L stg LF trn, sd & bk R compg ½ LF trn chg hnds bhd bk (<i>W fwd R stg RF trn, sd & bk L compg ½ RF trn</i>), ball/chg to fc COH, fwd L stg LF trn; sd & bk R compg ½ LF trn chg hnds bhd bk, ball/chg to fc WALL & jn both hnds low,
	QQ&Q	Underarm to Tamara ~	Fwd L stg LF trn & raisg ld hnds, fwd & sd R compg ½ LF trn & look at ptr thru tamara window (<i>W fwd R stg RF trn undr ld hnds, sd L compg ½ RF trn</i>); ball/chg,
	QQ&Q	One Hand Exit;;;	Relg trail hnds fwd L stg LF trn, sd & bk R compg ½ LF trn to LOP-FCG WALL (<i>W fwd R stg RF trn, sd & bk L compg ½ RF trn</i>), ball/chg;
4 - 6	2x QQ&Q	Basic 2x ~	Fwd L (<i>W fwd R</i>), rec R, ball/chg, fwd L (<i>W fwd R</i>); rec R, ball/chg,
	QQ&Q	Lady's Link ~	Fwd L, rec R (<i>W fwd R twd M's R side trng 3/8 RF, bk L trng 1/8th RF to SCP WALL</i>), ball/chg,
	QQ&Q	R to L Exit ;;;	Rk fwd L raisg jnd ld hnds, rec R (<i>W fwd R, fwd L trng ½ RF undr jnd hnds</i>) to LOP-FCG WALL, ball/chg;
7 - 8	QQ&Q	Man's Link ~	Fwd L twd W's L sd stg LF trn, sd & bk R to SCP COH (<i>W rk fwd R, rec L</i>), ball/chg,
	QQQQ&Q	Double Pivot to Throwaway;;;	Fwd L in frt of W to CP WALL (<i>W fwd R btw M's ft</i>); fwd R btw W's ft pvtg 3/8 RF, bk L pvt ¼ RF, fwd R btw W's ft pvtg 3/8 RF relg W (<i>W bk L pvtg 3/8 RF, fwd R btw M's ft contg RF pvt, bk L apt from M</i>) to LOP-FCG WALL, ball/chg;

PART B

1 - 3	2x QQ&Q	Change places 2x ~	Rk sd L, rec bk R trng ¼ LF (<i>W fwd & sd R stg RF trn undr jnd ld hnds, bk L compg ¾ RF trn to fc RLOD</i>), ball/chg LOP-FCG LOD, rk sd L (<i>W fwd R stg LF trn undr jnd ld hnds</i>); rec R (<i>W bk compg ¾ LF trn to fc COH</i>) to Dbl Hndhld WALL, ball/chg,
	QQ&Q	Underarm to Tamara ~	Keeping both hnds jnd fwd L stg LF trn & raisg ld hnds, fwd & sd R compg ½ LF trn & look at ptr thru tamara window (<i>W fwd R stg RF trn undr ld hnds, sd L compg ½ RF trn to tamara</i>); ball/chg,
	QQ&Q	One Hand Exit;;;	Relg trail hnds fwd L stg LF trn, sd & bk R compg ½ LF trn to LOP-FCG WALL (<i>W fwd R stg RF trn, sd & bk L compg ½ RF trn</i>), ball/chg;
4 - 6	QQ&Q	Lady's Link to ½ OP ~	Fwd L, rec R (<i>W fwd R twd M's R side trng 3/8 RF, bk L trng 1/8th RF to SCP WALL</i>), ball/chg & drop ld hnds to ½ OP WALL,
	2x QQ&Q	Opening Out 2x ~	Fwd L trng RF twd ptr; bk R to ½ OP COH, ball/chg, fwd L trng LF twd ptr, bk R to ½ OP WALL; ball/chg
	QQ&Q	R to L Exit	Rk fwd L raisg jnd ld hnds, rec R (<i>W fwd R, fwd L trng ½ RF undr jnd hnds</i>), ball/chg & jn both hnds low;

7 – 12 ½	2x QQ&Q	Basic 2x ~	Fwd L (<i>W fwd R</i>), rec R, ball/chg*, fwd L (<i>W fwd R</i>); rec R, ball/chg,
	QQ&Q	Man Goes Right to HNDSK ~	Fwd L stg RF trn undr jnd ld hnds, bk R twd WALL (<i>Wfwd R trng ½ LF, bk L twd COH</i>) to R HNDSHK COH; ball/chg,
	3x QQ&Q	Open Turkish Towel 3x ~	Fwd L twd COH ldg W to chg sds, sd & bk R twd COH chg hnds to L HNDSHK fcg ptr & WALL, ball/chg; fwd L twd WALL ldg W to chg sds, bk R twd WALL chg hnds to R HNDSHK fcg ptr & COH, ball/chg, fwd L twd COH ldg W to chg sds; sd & bk R twd COH chg hnds to L HNDSHK fcg ptr & WALL, ball/chg,
	QQ&Q	Lady's Link ~	Fwd L, rec R (<i>W fwd R twd M's R side trng 3/8 RF, bk L trng 1/8th RF to SCP WALL</i>); ball/chg,
	QQQQ&Q	Slingshot with R to L Exit;;;;;;	Lun sd L twd WALL to "L", rec R, cl L raisg ld hnds (<i>W bk R, rec L, fwd R stg RF trn undr jnd hnds</i>); sd & bk R (<i>W sd & bk L compg ½ RF trn</i>) to LOP-FCG WALL, ball/chg,

PART C

1 - 2	QQQQ&Q	Travolta Slide w/ Ball/Change ~	Trl hnd on hip side L, close R, side L, close R [lead hand points straight up on "side" & drops bk to shldr height on "close". Hip in on "side", hip out on "close"]; ball/chg,
	QQ&Q	Roll 2 Ball/Change;;	Roll LF L, R to fc ptr, ball/chg;
3 - 8			Rpt 3x meas 1-2 Part C;;;;;

PART B - MOD

1 - 3	2x QQ&Q	Change places 2x ~	Rpt meas 1-6 Part B;;;;;
	QQ&Q	Underarm to Tamara ~	
	QQ&Q	One Hand Exit;;;;	
4 - 6	QQ&Q	Lady's Link to ½ OP ~	
	2x QQ&Q	Opening Out 2x ~	
	QQ&Q	R to L Exit;;;;	
7 – 12	QQ&Q	Chg Hands Bhd Bk ~	Fwd L stg LF trn, sd & bk R compg ½ LF trn chg hnds bhd bk (<i>W fwd R stg RF trn, sd & bk L compg ½ RF trn</i>), ball/chg to fc COH,
	QQ&Q	Man goes Right to HNDSK ~	Fwd L stg RF trn undr jnd ld hnds; bk R twd WALL (<i>Wfwd R trng ½ LF, bk L twd WALL</i>) to R HNDSHK WALL, ball/chg,
	3x QQ&Q	Open Turkish Towel 3x ~	Fwd L twd WALL ldg W to chg sds, sd & bk R twd WALL chg hnds to L HNDSHK fcg ptr & COH; ball/chg, fwd L twd COH ldg W to chg sds, bk R twd COH chg hnds to R HNDSHK fcg ptr & WALL, ball/chg; fwd L twd WALL ldg W to chg sds, sd & bk R twd WALL chg hnds to L HNDSHK fcg ptr & WALL, ball/chg,
	QQQQ	Man's Link in 4 ~	Fwd L twd W's L sd stg LF trn (<i>W rk fwd R</i>); sd & bk R to SCP COH, bk L, bk R (<i>W rec L, bk R, bk L</i>),
	QQQQ&Q	Slingshot with R to L Exit;;;;;;	Lun sd L twd WALL to "L" (<i>W rk bk R</i>); rec R, cl L raisg ld hnds, sd & bk R (<i>W rec L, fwd R stg RF trn undr jnd hnds, sd & bk L compg ½ RF trn</i>) to LOP-FCG WALL, ball/chg;

ENDING

1 - 2	QQQQ&Q	Travolta Slide w/ Ball/Change ~	Trl hnd on hip side L, close R, side L, close R [lead hand points straight up on "side" & drops bk to shldr height on "close". Hip in on "side", hip out on "close"]; ball/chg,
	QQ&Q	Roll 2 Ball/Change;;	Roll LF L, R to fc ptr, ball/chg;;
3	QQQQ	Side Close Apt Pt	Sd L, cl R, apt L, pt R twd ptr;

*Ball/change: place ball of foot (in this dance always the man's left and the lady's right foot) slightly back taking partial weight on it/ quickly recover on man's right and lady's left foot.

An avid surfer and one-time semi-pro boxer, Chris Isaak began his recording career in the mid-'80s. In 1989, he recorded the hit single. "Wicked Game" and followed it, quickly, with a pair of albums. 1996 saw the release of Baja Sessions from which "Dancin" is extracted. An accomplished actor, Chris has also appeared in a number of big screen roles, working with such directors as Jonathan Demme, David Lynch and Bernardo Bertolucci.

