iDance Disco

Count: 32 Wall: 4 Level: Improver

Choreographer: Fred Whitehouse (IRE) & Lilian Lo (HK) - March 2024

Music: Tonight - Superlover

Selected as UCWDC competition dance for 2025 Intro: 32 Counts. Start at around 0:16 sec.

S1 (1 – 8) Swivel x 2, Diagonal shuffle, Swivel x 2, Diagonal shuffle

- 1-2 Swivel R to R diagonal forward (1), Swivel L to L diagonal forward (2)
- 3&4 Step R to R diagonal forward (3), Close L next to R (&), Step R forward (4)
- 5-6 Swivel L to L diagonal forward (5), Swivel R to R diagonal forward (6)
- 7&8 Step L to L diagonal forward (7), Close R next to L (&), Step L forward (8)

Styling option:

Point R index to R diagonal (1), Point L index (2), Point R index (3&4),

Point L index (5), Point R index (6), Point L index (7&8)

S2 (9 – 16) Tap x 2, Sailor step, Tap x 2, Behind, Side, Cross

- 1-2 Tap R across L (1), Tap R to side (2)
- 3&4 Cross R behind L (3), Step L to side (4), Replace on R (4)
- 5-6 Tap L across R (5), Tap L to side (6)
- 7&8 Cross L behind R (7), Step R to side (&), Cross L over R (8)

S3 (17-24) Side, Hip bump x 4, Full turn L, Tap, Clap

- 1-2-3-4 Step R to side, hip bump R 4 times, finger snapping on R at each bump, head turn to R on count 4
- 5-6 Turn 1/4 L @9:00, step L forward (5), Turn 1/2 L @3:00, step R back (6)
- 7-8 Turn 1/4 L @12:00, step L to side (7), Tap R next to L, clap hands (8)

S4 (25-32) Shuffle, 1/2 L, Shuffle, 1/4 R, Shuffle, 1/2 L, Shuffle

- 1&2 Step R forward (1), Close L next to R (&), Step R forward (2)
- 3&4 Turn 1/2 L @6:00, step L forward (3), Close R next to L (&), Step L forward (4)
- 5&6 Turn 1/4 R @9:00, step R forward (5), Close L next to R (&), Step R forward (6)
- 7&8 Turn 1/2 L @3:00, step L forward (7), Close R next L (&), Step L forward (8)

Styling Option:

Finger drumming above forehead on Count 1-4

Hand rolling at chest level on Count 5-8

Last Update: 12 Jan 2025