

Cisko Disco



Choreographed by **Magali CHABRET** (France) / July, 2012 - www.galichabret.com

Description: Beginner Line Dance - 32 counts - 4 wall

Music: **Cisko Disco**, by Rico Bass vs Deejay Bonito [CD: Cisko Disco, Nov 2006]
130 BPM - 88 counts intro (43 seconds)

Dance created for the Kids of *Chinook Country Line Dancers*, of Calgary.
Thanks to Jill, their teacher, for her trust and music choices.

Section 1 CROSS, SIDE, BACK ROCK, SHUFFLE ½ TURN LEFT, BACK ROCK

- 1-2 Cross Right over Left – step Left to Left side
- 3-4 Rock back on Right - recover onto Left
- 5&6 Shuffle ½ turn L (1/4 turn Left stepping Right to side – step Left beside Right – 1/4 turn Left stepping Right back) (6:00)
- 7-8 Rock back on Left – recover onto Right

Section 2 LEFT & RIGHT SHUFFLES FORWARD, POINT BACK, ¼ TURN LEFT

- 1&2 Left Shuffle forward (step Left forward – step Right beside Left – step Left forward)
- 3&4 Right Shuffle forward (step Right forward – step Left beside Right – step Right forward)
- 5-6 Point Left back – bend both knees beginning 1/4 turn to Left (keeping weight on Right)
- 7-8 Finish your pivot taking weight on Left foot – raise by stretching out your legs (3:00)

Section 3 CROSS OVER, POINT, CROSS BACK, POINT, RIPPLE, HEAD MOVEMENT

- 1-2 Cross Right over Left – point Left to side
- 3-4 Cross Left behind Right – point Right to side
- 5-6 Touch Right forward – bend knees (Option : Ripple)
- 7-8 Raise legs (Option Ripple) – turn your head to the Left (look at front wall)

Section 4 HEAD MOVEMENT, WALK, WALK, PRESS TO RIGHT, PRESS TO LEFT

- 1 Put Left hand on the Left side of your head
- 2 With your hand, push your head to make her do half a circle from the left downward and go back up to the right
- 3-4 Step Right forward – step Left forward
- 5-6 Press ball of Right to right side (Option arms movement) – step Right next to left
- 7-8 Press ball of Left to left side (Option arms movement) – step Left next to right

REPEAT

Original steps of the choreographer - galicountry76@yahoo.fr