

3D (Dance Disco Dance)

Choreographed by Frank Trace
32 count, 4 wall, Beginner Line Dance



Preferred Music: "Give It Up" by Cyndi Lauper (126 BPM)
Slower Smooth Music: "Fresh" by Kool and the Gang (118 BMP)
Fun Disco Music: "In The Navy" by The Village People (126 BMP)
This dance works well with many different dance songs.

Begin after a 32 counts on the vocal.

SKATE, SKATE, TRIPLE, SKATE, SKATE, TRIPLE

- 1-2 Skate steps forward R, L
- 3&4 Triple forward R, L, R
- 5-6 Skate steps forward L, R
- 7&8 Triple forward L, R, L.

JAZZ BOX WITH CROSS OVER, SIDE SHUFFLE, ROCK BACK, RECOVER

- 1-4 Step R over L, step L back, step R to side, cross L over R
- 5&6 Side shuffle stepping R, L, R
- 7-8 Rock back on L, recover onto R.

VINE LEFT, SCUFF, ROCKING CHAIR

- 1-4 Step L to left side, step R behind L, step L to side, scuff R
- 5-8 Rock forward on R, recover onto L, rock back on R, recover onto L.

¼ PIVOT LEFT, ¼ PIVOT LEFT, JAZZ BOX ¼ TURN RIGHT

- 1-2 Step R forward, pivot ¼ turn left (9:00)
- 3-4 Step R forward, pivot ¼ turn left (6:00)
- 5-8 Cross step R over L, step back on L turning slightly right, step R to right side completing a ¼ turn right, step on L. (9:00)

BEGIN AGAIN