

1970s SUMMER DISCO (med-high impact)

Visual: Colourful music festivals

STAMP CLAP 3 claps, 3 steps, 2nd set : do one stamp before the claps..

GROOVE 3 steps forward and clap. This is repeated 2 forward, 2 back and to the sides.

GUITAR STRUM Bent knees, 4 on the spot on each side, swinging the arm up and down...and then travel it.

JAM Break step. A limp step, side to side. You go x2 x2 x4...keep changing the legs. Add arms on the repeat.

Shorthand

Music 4 beats in and then the music starts. You clap on the first beat.

Stamp Clap 2 sets of 3 claps and 3 steps. On the repeat, you start with a stamp.

Groove 2 sets forward, 2 sets back and then 4 sets side to side.

Guitar Strum

Stamp Clap Start with the stamp clap, 4 sets

Groove

Guitar strum

Jam break step 4 sets

Groove

Stamp Clap Start with the stamp clap

And pose with your DJ earphones

TIPS: Keep the knees really bent throughout. You don't have to do any of the jumps.

The Groove : use your arms to hold the earphones of the DJ in the side to side.

Guitar strum: keep the arms really extended and stretch out of the bend when the arm is up.

In the JAM, you can start with no arms to start with and build on it later.

