

# 3D (Dance Disco Dance)

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Frank Trace - October 2018

**Music:** "Give It Up" by Cyndi Lauper

**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**