

Music: Disco (4/4)  
Tempo: 26 measures per minute; 104 beats per minute  
Competition  
Introduction: 32 beats, 18.5 seconds  
Pattern Timing: 1 = 23; 2 = 46; 3 = 1:09  
Duration: Test: :46 plus introduction  
Competition: :46 plus introduction, about 1:05  
Pattern: Set  
Test: Bronze

The Disco Slide is designed to incorporate a novel sequence, slide steps and a lunge for both partners, in a dance featuring disco music from the 1980s.

The slide steps and lunge begin at step 9. There are three slide steps beginning with the left foot in front, followed by two counts in a lunge on the left foot, one count rising, and one count upright with the right leg extended behind.

The dance is skated primarily in kilian hold, with the lady turning into waltz hold on step 15, and the man turning into kilian on step 21. The couple skates backward in kilian hold until they step forward in step 23.

The music for this dance is taken from popular disco dances available in the 1980s. The music may be performed in public at rinks whose ASCAP license covers public performance of recorded music. The music may be downloaded (at no charge) from the following links:

<http://www.ncassociates.com/cnet/music/01StayinAlive104-cut.mp3>  
[http://www.ncassociates.com/cnet/music/02NightFever104\\_cut.mp3](http://www.ncassociates.com/cnet/music/02NightFever104_cut.mp3)  
[http://www.ncassociates.com/cnet/music/03MoreThanAWoman104\\_cut.mp3](http://www.ncassociates.com/cnet/music/03MoreThanAWoman104_cut.mp3)  
[http://www.ncassociates.com/cnet/music/04FifthBeethoven104\\_cut.mp3](http://www.ncassociates.com/cnet/music/04FifthBeethoven104_cut.mp3)  
[http://www.ncassociates.com/cnet/music/05DontStop\\_104.mp3](http://www.ncassociates.com/cnet/music/05DontStop_104.mp3)  
[http://www.ncassociates.com/cnet/music/06DancingQueen104\\_cut.mp3](http://www.ncassociates.com/cnet/music/06DancingQueen104_cut.mp3)

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First Performed: Skokie Valley Dance Weekend, March 22, 2009, Wilmette, Illinois.

## Disco Slide – Table of Steps and Positions

STEP NUMBER	POSITION	NUMBER OF BEATS OF MUSIC	MAN'S STEP	WOMAN'S STEP
1	KILIAN	1	LFO	LFO
2		1	RFI-Pr	RFI-Pr
3		1	LFO	LFO
4		1	RFI-XB	RFI-XB
5		2	LFO	LFO
6		1	RFO	RFO
7		1	LFI-Ch	LFI-Ch
8		1	RFO	RFO
9		1	Slide-L	Slide-L
10		1	Slide-R	Slide-R
11		1	Slide-L	Slide-L
12		3	Lunge-L R leg straight back	Lunge-L R leg straight back
13		1	L R leg lift	L R leg lift
14		2	RFI- Pr	RFI-Pr
15	TRANSITION TO WALTZ	2	LFO	LFO-3
16	WALTZ	2	RFI-Ch	RBO
17		1	LFO	LBO
18		1	RFO	RBI-Pr
19		2	LFI-Pr	LBO
20		1	RFO	RBO
21	TRANSITION TO KILIAN	1	LFO-3	LBI-Ch
22	KILIAN	2	RBO	RBO
23		2	LFO	LFO
24		2	RFI-Pr	RFI-Pr
25		4	LFI-SW	LFI-SW
26		2	RFO	RFO
<b>Total</b>		<b>40</b>		

# Disco Slide

