

Choreographers note:- Those who thought Gloria was just a disco diva of the 1970's - are in for a shock. Though this dance contains some step combinations that you won't find within the New Level Guidelines, the dance all the same, is firmly fixed within the Beginner level and should present no problems. Always remember to learn the dance basics first- the expressions or styling can be learnt shortly after. 'The beat may reach your feet - but the rhythm will electrify your soul'. Dance starts on the vocals with feet together and weight on the left foot.

1/4 Right Static Shuffle with Expression. 1/2 Left Static Shuffle with Expression.

1/4 Right. 4x Swagger Step (12:00).

1& 2 (on the spot) Turn 1/4 right & step forward onto right foot, rock onto left foot, rock onto right foot.

3& 4 (on the spot) Turn 1/2 left & step onto left foot, rock onto right foot, rock onto left foot.

Dance note: Counts 1-4: Arms raised fwd (palms facing fwd), use 'pushing' motion in time with static shuffles.

5 - 6 Turn 1/4 right & step diagonally forward right onto right foot. Step left foot diagonally forward left.

7 - 8 Step right foot diagonally backward right. Step left foot diagonally backward left.

Dance note: Counts 5-8: These are 'swagger' steps and require attitude, lean into each step.

2x 1/4 Turn Side Rock-Step-1/4 Turn Together. Fwd Push Step. Step (12:00)

9 - 10 Turn 1/4 right & rock right foot to right side. Step onto left foot.

11 Turn 1/4 left & step right foot next to left.

12 - 13 Turn 1/4 left & rock left foot to left side. Step onto right foot.

14 Turn 1/4 right & step left foot next to right.

15 - 16 Push step forward onto right foot. Step onto left foot.

2x Bwd Shuffle. 4x Swagger Step (12:00).

17& 18 Step backward onto right foot, close right foot next to left, step backward onto right foot.

19& 20 Step backward onto left foot, close left foot next to right, step backward onto left foot.

21 - 22 Step right foot diagonally backward right. Step left foot diagonally backward left.

23 - 24 Step right foot diagonally forward right. Step left foot diagonally forward left.

Dance note: Counts 21-24: These are 'swagger' steps and require attitude, lean into each step.

2x Fwd Shuffle. Step Fwd. Pivot 1/4 Left. 1/4 Right Side Rock. Step (6:00).

25& 26 Step forward onto right foot, close left foot next to right, step forward onto right foot.

27& 28 Step forward onto left foot, close right foot next to left, step forward onto left foot.

29 - 30 Step forward onto right foot. Turn 1/4 left & rock onto left foot.

31 - 32 Turn 1/4 left & rock right foot to right side. Step onto left foot.

DANCE FINISH: The dance will finish on count 32 of the 11th wall (facing 6:00).

To finish with a flourish and facing the 'home' wall there are two options:

Option 1

29 - 32 Step forward onto right foot. Pivot 1/2 left. Repeat.

33 Step right foot next to left.

Option 2

29 - 30 Step right foot diagonally forward right. Step left foot diagonally forward left.

31 - 32 Step right foot diagonally backward right. Step left foot diagonally backward left.

33 Step right foot next to left

These are 'swagger' steps and require the same attitude as previous.

Other suggested music: Lionel Richie & David Bedingfield
Gloria Gaynor & Alexandre Pires
Barry Manilow

Do ya (98 bpm)
Pena (100 bpm)
Copacabana (114 bpm)