



iDance Disco

Choreographer: Fred Whitehouse & Lilian Lo

~Official GOLD competition dance 2025 - 2026~

Type of dance: 32 Count, 4 Walls, Showdance – Line Dance
 Level: Newcomer
 Music: "Tonight" by Superlover (GOLD Edit – Original Speed)
 Intro: 32 counts from first beat in music (app. 16 seconds into track)

Counts	Movement Description	End facing
1 – 8	Swivel Walks 2x, Diagonal Shuffle Fwd, Swivel Walks 2x, Diagonal Shuffle Fwd	
1 – 2	Step R diagonally R forward swivelling heels L (1), Step L diagonally L forward swivelling heels R (2)	12:00
3 & 4	Step R diagonally R forward (3), Step L next to R (&), Step R diagonally R forward (4)	12:00
Optional Arms	Point R index diagonal R (1), Point L index diagonal L (2), Point R index diagonal R (3 & 4)	
5 – 6	Step L diagonally L forward swivelling heels R (5), Step R diagonally R forward swivelling heels L (6)	12:00
7 & 8	Step L diagonally L forward (7), Step R next to L (&), Step L diagonally L forward (8)	12:00
Optional Arms	Point L index diagonal L (5), Point R index diagonal R (6), Point L index diagonal L (7 & 8)	
9 – 16	Point 2x, Sailor Step, Point 2x, Weave	
1 – 2	Point R over L (1), Point R to R side (2)	12:00
3 & 4	Cross R behind L (3), Step L next to R (&), Step R to R side (4)	12:00
5 – 6	Point L over R (5), Point L to L side (6)	12:00
7 & 8	Cross L behind R (7), Step R to R side (&), Cross L to R (8)	12:00
17 – 24	Step R, Hip Bump 4x, Turning Vine L, Touch, Clap	
1 – 4	Step R to R side & hip bump R (1), Hip bump R (2), Hip bump R (3), Hip bump R (weight ends on R) (4)	12:00
5 – 8	Turn ¼ L stepping L forward (5), Turn ½ L stepping R back (6), Turn ¼ L stepping L to L side (7), Touch R next to L & clap hands (8)	12:00
25 – 32	Shuffle Fwd, ½ Turn L, Shuffle Fwd, ¼ Turn R, Shuffle Fwd, ½ Turn L, Shuffle Fwd.	
1 & 2	Step R forward (1), Step L next to R (&), Step R forward (2)	12:00
3 & 4	Turn ½ L stepping L forward (3), Step R next to L (&), Step L forward (4)	6:00
5 & 6	Turn ¼ R stepping R forward (5), Step L next to R (&), Step R forward (6)	9:00
7 & 8	Turn ½ L stepping L forward (7), Step R next to L (&), Step L forward (8)	3:00
Optional Arms	Finger drumming above forehead (1-4) Hand rolling at chest level (5-8)	