

Dancing Queen

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Music:	CD: Polar Music 549974-2 "ABBA - The Definitive Collection (Disc 1)" Track: #12 "Dancing Queen" · Artist: ABBA · Time: 03:52		
Rhythm:	Discofox (25mpm) · Unphased, approx IV+1 (W dive bk)		
Footwork:	Opposite unless noted, instructions for man (<i>for woman in parentheses</i>)		
Remarks:	Discofox is a beat dance, thus figures may not start on measure boundaries, e.g. 3'4 means figure starts on measure 3 beat 4 (and ends on measure 4 beat 2). Additional abbreviations: bchg = ball change, DHH = double handhold, LOFP = left open facing position, RHS = right handshake		
Sequence:	Intro – A – Intld – B B – Intld – C A – Intld₂ – B – Intld – C A A – End		

Introduction

1-2	Wait;:
1'1	-- [DHH WALL] {Wait} –; –;
3-5	<u>Underarm turn to tamara,,, Back-back sweetheart,,, Slide back-back 2x;,,</u>
3'1	QQ&Q [DHH WALL] {Undrm trn to TAMP} Fwd L comm ½ LF trn ldg W to trn RF undr ld hnds, sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: Sd & fwd R comm ½ RF trn undr ld hnds, sd & bk L cont trn trl hnd on bk/ {bchg} bk R w ball of ft, rec L,)
3'4	QQ&Q [W-TAMP COH] {Bk-bk swprt} Fwd L undr ld hnds bring ld hnds dwn; diag bk & sd R trn ⅛ LF look L at W/ {bchg} bk L w ball of ft, rec R, (W: Fwd R; diag bk & xib L trn ⅛ LF look L at M/ {bchg} bk R w ball of ft, rec L,)
4'3	QQ&Q [BK-BK COH ptr to L] {Slid bk-bk} Diag fwd & sd L comm ¼ RF trn, diag bk & xib R cont trn look R at W/ {bchg} bk L w ball of ft, rec R, (W: Diag fwd & xif R comm ¼ RF trn, diag bk & sd L cont trn look R at M/ {bchg} bk R w ball of ft, rec L,)
5'2	QQ&Q [BK-BK COH ptr to R] {Slid bk-bk} Diag fwd & xif L comm ¼ LF trn, diag bk & sd R cont trn look L at W/ {bchg} bk L w ball of ft, rec R, (W: Diag fwd & sd R comm ¼ LF trn, diag bk & xib L cont trn look L at M/ {bchg} bk R w ball of ft, rec L,)
6-8	<u>Back-back sweetheart,,, Unwrap,,, Basic 2x;,,</u>
6'1	QQ&Q [BK-BK COH ptr to L] {Bk-bk swprt} Diag fwd & sd L trn ⅛ RF raise trl hnds & elbow, bk R ldg W bwd undr trl hnds ld hnd on bk/ {bchg} bk L w ball of ft, rec R, (W: Diag fwd & xif R trn ⅛ RF, bk L undr trl hnds/ {bchg} bk R w ball of ft, rec L,)
6'4	QQ&Q [M-TAMP WALL] {Unwrp} Bring trl hnds in frnt of hd fwd L comm ½ LF trn undr trl hnds; sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, (W: Fwd R comm ½ RF trn; sd & bk L cont trn to fc M/ {bchg} bk R w ball of ft, rec L,)
7'3	QQ&Q [DHH WALL] {Bas} Fwd L, bk R/ {bchg} bk L w ball of ft, rec R, (W: Fwd R, bk L/ {bchg} bk R w ball of ft, rec L,)
8'2	QQ&Q [DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,;; [DHH WALL]

Part A

1-3	<u>He goes left,,, She goes left,,, Wrap,,, Wheel,,,</u>
1'1	QQ&Q [DHH WALL] {He goes L} Raise trl hnds fwd L comm ½ LF trn undr trl hnds, rel ld hnds sd & bk R cont trn jn ld hnds/ {bchg} bk L w ball of ft, rec R, (W: Fwd R comm ½ RF trn bhd M, rel ld hnds sd & bk L cont trn sld R hnd dwn M's L arm jn ld hnds/ {bchg} bk R w ball of ft, rec L,)
1'4	QQ&Q [DHH COH] {She goes L} Raise ld hnds fwd L comm ½ RF trn bhd W; rel trl hnds sd & bk R cont trn sld R hnd dwn W's L arm jn trl hnds/ {bchg} bk L w ball of ft, rec R, (W: Fwd R comm ½ LF trn undr ld hnds; rel trl hnds sd & bk L cont trn jn trl hnds/ {bchg} bk R w ball of ft, rec L,)
2'3	QQ&Q [DHH WALL] {Wrp} Fwd L comm ½ RF trn ldg W to trn LF undr ld hnds, fwd R cont trn/ {bchg} sip L w ball of ft, rec R, (W: Fwd R twd M's R sd trng ¼ LF undr ld hnds, bk L trng ¼ RF/ {bchg} sip R w ball of ft, rec L,)
3'2	QQ&Q [WRP COH] {Whl} Fwd L comm ½ RF trn, fwd R cont trn/ {bchg} sip L w ball of ft, rec R; (W: Bk R comm ½ RF trn, bk L cont trn/ {bchg} sip R w ball of ft, rec L,)

4-6		<u>Wheel,,, Lady dive back,,, Basic 2x,,,</u>
4'1	QQ&Q	[WRP WALL] {Whl} Repeat Part A meas 3'2-3'4,,,
4'4	QQ&Q	[WRP COH] {W dive bk} Raise R elbow fwd L comm ½ RF trn ldg W to dive bwd undr trl hnds; sd & bk R cont trn to fc W chg hnds to DHH/ {bchg} bk L w ball of ft, rec R, (W: Bk R dive bwd undr trl hnds; bk L/ {bchg} bk R w ball of ft, rec L,)
5'3	QQ&Q	[DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,,,;
6'2	QQ&Q	[DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,,,;

7-8		<u>Man's link,,, Double pivot;,,</u>
7'1	QQ&Q	[DHH WALL] {M's Ink} Fwd L twd W's L sd comm ½ LF trn rel trl hnds, sd & bk R cont trn besd W to SCP/ {bchg} bk L w ball of ft, rec R, (W: Fwd R, bk L/ {bchg} bk R w ball of ft, rec L,)
7'4	QQ QQ&Q	[SCP COH] {Dbl pvt} Fwd & sd L trng ½ RF arnd W to CP; fwd R btw W's ft comm pvt full RF, rec L cont pvt, fwd R btw W's ft cont pvt & trn to fc LOD rel ld hnds/ {bchg} bk L w ball of ft, rec R; (W: Fwd R btw M's ft; sd & bk L arnd M comm pvt full RF, rec R cont pvt, sd & bk L arnd M cont pvt & trn to fc LOD/ {bchg} bk R w ball of ft, rec L;) [½OP LOD] [Note: When repeating Part A directly stay in front of W in DHH WALL]

Interlude

1-2		<u>In roll 3 ball change; Reverse roll 3 ball change;</u>
1'1	QQQ&Q	[½OP LOD] {In roll 3 bchg} Rel hnds fwd & sd L comm 1½ RF trn twd W, bk & sd R cont trn, fwd & sd L cont trn to L½OP/ {bchg} bk R w ball of ft, rec L; (W: Rel hnds fwd & sd R comm 1½ LF trn twd M, bk & sd L cont trn, fwd & sd R cont trn to L½OP/ {bchg} bk L w ball of ft, rec R;)
2'1	QQQ&Q	[L½OP RLOD] {Rev roll 3 bchg} Rel hnds fwd & sd R comm 1¼ LF trn twd W, bk & sd L cont trn, fwd & sd R cont trn to fc W/ {bchg} bk L w ball of ft, rec R; (W: Rel hnds fwd & sd L comm 1¼ RF trn twd W, bk & sd R cont trn, fwd & sd L cont trn to fc M/ {bchg} bk R w ball of ft, rec L;) [DHH WALL]

Part B

1-3		<u>Right turning basic 2x,,, Change places R-L,,, Change places L-R,,,</u>
1'1	QQ&Q	[DHH WALL] {R trng bas} Fwd L twd W's R sd comm ½ RF trn, bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: Fwd R twd M's R sd comm ½ RF trn, bk L cont trn/ {bchg} bk R w ball of ft, rec L,)
1'4	QQ&Q	[DHH COH] {R trng bas} Repeat Part B meas 1'1-1'3,,,;
2'3	QQ&Q	[DHH WALL] {Chg R-L} Rel trl hnds cl L comm trn ¼ LF, sd & bk R cont trn/ {bchg} bk L w ball of ft; rec R, (W: Fwd R tuck in twd M comm ¾ RF trn undr ld hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft; rec L,)
3'2	QQ&Q	[LOFP LOD] {Chg L-R} Fwd & sd comm ¼ RF trn, bk R cont trn/ {bchg} bk L w ball of ft, rec R; (W: Fwd & acrs R comm ¾ LF trn undr ld hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L;)

4-6		<u>Change hands behind back 2x,,, Basic 2x,,,</u>
4'1	QQ&Q	[LOFP WALL] {Hnds bhd bk} Chg hnds to RHS fwd L comm ½ LF trn, chg hnds on bk to ld hnds sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: Fwd R comm ½ RF trn, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,)
4'4	QQ&Q	[LOFP COH] {Hnds bhd bk} Repeat Part B meas 4'1-4'3,,,;
5'3	QQ&Q	[DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,,,;
6'2	QQ&Q	[DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,,,;

7-8		<u>Man's link,,, Double pivot;,,</u>
7'1	QQ&Q	[DHH WALL] {M's Ink} Repeat Part A meas 7'1-7'3,,,;
7'4	QQ QQ&Q	[SCP COH] {Dbl pvt} Repeat Part A meas 7'4-8'4,,,,; [½OP LOD] [Note: When repeating Part B directly stay in front of W in DHH WALL]

Part C

1-3		<u>Underarm turn to tamara,,, Back-back sweetheart,,, Slide back-back 2x,,,</u>
1'1	QQ&Q	[DHH WALL] {Undrm trn to TAMP} Repeat Intro meas 3'1-3'3,,,;
1'4	QQ&Q	[W-TAMP COH] {Bk-bk swhrt} Repeat Intro meas 3'4-4'2,,,;
2'3	QQ&Q	[BK-BK COH ptr to L] {Slid bk-bk} Repeat Intro meas 4'3-5'1,,,;
3'2	QQ&Q	[BK-BK COH ptr to R] {Slid bk-bk} Repeat Intro meas 5'2-5'4,,,;

4-6 Back-back sweetheart,,, Unwrap,,, Basic 2x,,,

4'1	QQ&Q	[BK-BK COH ptr to L] {Bk-bk swhrt} Repeat Intro meas 6'1-6'3,,,
4'4	QQ&Q	[M-TAMP WALL] {Unwrp} Repeat Intro meas 6'4-7'2,,,
5'3	QQ&Q	[DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,,,
6'2	QQ&Q	[DHH WALL] {Bas} Repeat Intro meas 7'3-8'1,,,;

7-8 Man's link,,, Double pivot:;

7'1	QQ&Q	[DHH WALL] {M's Ink} Repeat Part A meas 7'1-7'3,,,
7'4	QQ	[SCP COH] {Dbl pvt} Repeat Part A meas 7'4-8'4,,,,; [DHH WALL]
	QQ&Q	

Interlude 2

1-2 In roll 3 ball change; Reverse roll 3 ball change;

1'1	QQQ&Q	[½OP LOD] {In roll 3 bchg} Repeat Intld meas 1'1-1'4,,,;
2'1	QQQ&Q	[L½OP RLOD] {Rev roll 3 bchg} Repeat Intld meas 2'1-2'4,,,; [½OP LOD]

3-4 In roll 3 ball change; Reverse roll 3 ball change;

3'1	QQQ&Q	[½OP LOD] {In roll 3 bchg} Repeat Intld meas 1'1-1'4,,,;
4'1	QQQ&Q	[L½OP RLOD] {Rev roll 3 bchg} Repeat Intld meas 2'1-2'4,,,; [DHH WALL]

Ending

1-2 In roll 3 ball change; Reverse roll 3 ball change;

1'1	QQQ&Q	[½OP LOD] {In roll 3 bchg} Repeat Intld meas 1'1-1'4,,,;
2'1	QQQ&Q	[L½OP RLOD] {Rev roll 3 bchg} Repeat Intld meas 2'1-2'4,,,; [½OP LOD]

3 Side lunge & shape;

3'1	S --	[½OP LOD] {Sd lun & shape} Trn to fc W jn & put ld hnds on L waist sd lun L, rotate bdy to L stand straight, -, -; (W: Trn to fc M jn & put ld hnds on M's L waist sd lun R, rotate bdy to L lower into R knee & lean bk, -, -;)
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Dancing Queen

Discofox (25mpm) · Unphased, approx IV+1 (W dive bk) by Jürgen Müller & Helena Sroka

Sequ: Intro – A – Intld – B B – Intld – C A – Intld₂ – B – Intld – C A A – End

Intro	(DHH WALL) -;; Undrm trn TAM,,, Bk-bk swhrts with 2 slds;;; (M-TAM) Unwrp,,, Bas 2x,,,	Intld₂	(½OP LOD) In roll 3 bchg; Rev roll 3 bchg; (½OP) In roll 3 bchg; Rev roll 3 bchg;
Part A	(DHH WALL) He goes L,,, She goes L,,, Wrp,,, Whl 2x,,, (COH) W dive bk,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;	Part B	(DHH WALL) Trng bas 2x,,, Chg R-L,,, Chg L-R,,, Hnds bhd bk 2x,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;
Intld	(½OP LOD) In roll 3 bchg; Rev roll 3 bchg;	Intld	(½OP LOD) In roll 3 bchg; Rev roll 3 bchg;
Part B	(DHH WALL) Trng bas 2x,,, Chg R-L,,, Chg L-R,,, Hnds bhd bk 2x,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;	Part C	(DHH WALL) Undrm trn TAM,,, Bk-bk swhrts with 2 slds;;; (M-TAM) Unwrp,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;
Part B	(DHH WALL) Trng bas 2x,,, Chg R-L,,, Chg L-R,,, Hnds bhd bk 2x,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;	Part A	(DHH WALL) He goes L,,, She goes L,,, Wrp,,, Whl 2x,,, (COH) W dive bk,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;
Intld	(½OP LOD) In roll 3 bchg; Rev roll 3 bchg;	Part A	(DHH WALL) He goes L,,, She goes L,,, Wrp,,, Whl 2x,,, (COH) W dive bk,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;
Part C	(DHH WALL) Undrm trn TAM,,, Bk-bk swhrts with 2 slds;;; (M-TAM) Unwrp,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;	End	(½OP LOD) In roll 3 bchg; Rev roll 3 bchg; Sd lun & shape;
Part A	(DHH WALL) He goes L,,, She goes L,,, Wrp,,, Whl 2x,,, (COH) W dive bk,,, Bas 2x,,, (WALL) M's Ink,,, Dbl pvt;;		