

## TABLE OF CONTENTS

Prologue

Introduction (with definition of terms)

Chapter I PREPARING YOUR BODY FOR THE DISCO DANCE EXPERIENCE

Chapter II The BASIC DISCO STEPS AND DANCES

A. Single Touch Step

B. Double Touch Step

Dance # 1: The Disco Dynosoar

C. Single Slide Step

D. Double Slide Step

Dance # 2: The Roller Coaster

E. Cross Step

Dance # 3: The Special K

F. Hip Shakes

G. Foot Swivels

Dance # 4: The Body Language

H. The Sway

I. Hip Swirls

J. Roach (Pidgeon) Step

Dance # 5: The Sway and Swirl

K. Scrunch Hips

L. Jackson 5 Shuffle (or Jackie Gleason Shuffle)

M. Half Turns

Dance # 6: The Shuffle

Dance # 7: The City Swirl

Dance # 8: Night Fever

Dance # 9: Turning Point

N. Bounce Step

O. Breakdown Hips

P. Line Turn

Dance # 10: The Rocking Chair

Dance # 11: Your Own Combination

Chapter III LINE DANCES

Dance # 12: The L.A. Hustle (or Bus Stop)

Dance # 13: The Hollywood Line

Dance # 14: The Lust Hustle

Chapter IV PARTNER DISCO DANCES

A. Foot Patterns (His and Hers)

Dance # 15: Simple Partner Hustle

Dance # 16: Continental Hustle

Dance # 17: Latin-Swing Hustle

Dance # 18: Latin Hustle Variation

B. Partner Turns

1. Simple Underarm

2. Underarm Crossover

3. Peek-a-boo

4. Waist Cross

5. Wrap-unwrap

6. Wrap-and-Duck

7. Drape

8. Overhead twirl

9. Tango turn

10. Rope arms

**Everybody's Got Disco Fever,  
and Warner's THE COMPLETE  
GUIDE TO DISCO DANCING  
Will Heat Up Sales For You!  
Here's Some Sample Material  
From The Book That'll Get  
America Dancing!**



## ABOUT THE AUTHOR

Karen Lustgarten pioneered disco dance instruction in 1973, and still conducts the most popular disco classes on the West Coast in her own San Francisco disco, "The Lustgarten." She is also a fitness expert, writes a nationally syndicated newspaper column on exercise, and has written an exercise book on the Lustgarten Technique. Karen was nominated for a Northern California Emmy Award for the exercise and disco dance segments that she wrote, produced, and performed for San Francisco television.