The Rap Gap

Count: 0

Ebene: Intermediate

Choreograf/in: Diane Kale (USA)

Musik: I Hate Rap - Confederate Railroad

Sequence: A, B(1-24), AB, A, B, B(1-16), ABB

SECTION A

- FUNKY WALKS, ROCK, RECOVER, ROCK, RECOVER, STEP BEHIND, STEP ¼, STEP ¼, STEP ¼ 1-2 Funky walks forward right foot, left foot 3&4& Rock forward on right foot, recover back on left foot as you lift the right knee slightly, repeat 3& 5 Cross step right foot behind left foot 6 Turning ¼ turn left (weight on right foot), step slightly back on left foot (9:00) 7 Turning 1/4 turn left (weight on left foot) step slightly to side on right foot (6:00) 8 Turning ¹/₄ turn left (weight on right foot) step to left on left foot. (3:00) Feet should be shoulder width apart. 5,6,7,8 are hinge turns Option for 5,6,7,8: walk ³/₄ turn to the left, stepping back on the right foot (right, left, right, left) KNEE ROLLS, STEP, STEP, HEEL SPLIT, TOE SPLIT, HITCH, POINT 1-2 Roll right knee out, roll left knee out 3-4 Step feet together, right, left 5-6 Heel split, toe split (moving a bit to the right) Hands: touch your right hand to your forehead as if you were turning the bill of your ball cap 7-8 Hitch left knee in across right knee, point touch left toes to left. (3:00) Hands: count 7 as you hitch left knee, cross your hands in front of you and touch your left thigh ROCK, PIVOT ½ LEFT, STEP, CROSS, KICK, BEHIND, ¼ TURN RIGHT, FULL TURN RIGHT &-1-2 Rock back on left foot, step forward on right foot, pivot 1/2 turn left, step forward on left foot. (9:00) 3-4 Cross step right foot over left foot, kick left foot to left side Cross step left foot behind right foot, stepping 1/4 right on right foot (12:00) 5-6 7&8 Full turning shuffle right (left, right, left) FUNKY WALKS FORWARD, FULL TURN LEFT 1-2 Walk forward right, left 3-4 Full turn left, (right, left). (12:00) Option for 1-4: walk forward right, left, right, left SECTION B SHUFFLE RIGHT, SHUFFLE LEFT, CROSS ROCK FORWARD, RECOVER ROCK BACK, RECOVER 1&2 Right foot step right, bring left foot next to right foot, right foot step right, as you shuffle angle your body to a diagonal right (with attitude) 3&4 Repeat above to left. (with attitude) 5-6 Cross rock right foot over left foot, left foot rock back 7-8 Right foot rock back, left foot rock forward STEP, FUNKY LEFT SAILOR SHUFFLE, FUNKY RIGHT TURNING SAILOR SHUFFLE, BEHIND, SIDE **CROSS, UNWIND ½**
- 1-2&3 Step right foot forward, step left foot behind right foot, step right foot to side, step left foot to left
- 4&5 Step right foot behind left foot, step left foot to side, step right foot side, while turning 1/4 turn right (3:00)





Wand: 4

6&7 Step left foot behind right foot, step right foot to side, cross left foot over right foot
8 Unwind ½ right (9:00)

WALK, WALK, FORWARD COASTER, WALK, WALK, BACK COASTER

- 1-2 Walk forward right, left
- 3&4 Step forward right foot, step left foot next to right foot, step back on right foot
- 5-6 Walk back left, right
- 7&8 Step back left foot, step right foot next to left foot, step forward on left foot

1/2 MONTEREY TURN, STEP, SLIDE TWICE

- 1-2 Touch right toe to side turning ¹/₂ turn right, step right foot next to left
- 3-4 Take large step to left, drag right next to left foot (3:00)
- 5-8 Repeat counts 1-4 (9:00)

Every time the artist says "I Hate Rap" the dance starts from the beginning