

Frontin' On Me

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Cato Larsen (NOR)

Musik: Frontin' On Me - Velvet Empire



FUNKY SIDE KICK, STEP FORWARD, FORWARD BODY ROLL, REPEAT OTHER FOOT

&1 Hitch right knee, kick right foot to right side, keep the kick high

For styling: lean upper body to left side as you kick

&2 Hitch right knee up, step down on right beside left

3 Step forward on left and let the body come after as in a body roll from hips to head

4 Step right next to left

&5 Hitch left knee, kick left foot to left side, keep the kick high

For styling: lean upper body to right side as you kick

&6 Hitch left knee up, step down on left beside right

7 Step forward on right and let the body come after as in a body roll from hips to head

8 Step left next to right

ROGER RABBITS, BACK ROCK, STEP, ¼ TURN POINT & CROSS, SIDE, CROSS

1 Kick right foot back with a straight leg as you slide slightly back on left

& Lift left heel (pop left knee out) and step right foot under left heel

2 Kick left foot back with a straight leg as you slide slightly back on right

& Lift right heel (pop right knee out) and step left foot under right heel

3 Kick right foot back with a straight leg as you slide slightly back on left

& Lift left heel (pop left knee out) and step right foot under left heel

4&5 Step back on left, rock forward onto right, step forward on left

6 Pivot ¼ turn left pointing right toe to right side

&7 Hitch right knee up, step right across of left

&8 Step left to left side, step right across of left,

UNWIND ½ TURN, HOLD, BALL STEP, STEP FORWARD, MAMBO STEP, POINT, ¼ TURN WITH ARM RIPPLE

1-2 Unwind ½ turn left, hold

Your left toe will now point up in the air

&3-4 Step left next to right, step forward on right, step forward on left

5&6 Press ball of right foot to floor forward, recover weight on left, step right slightly back

7 Point left toe back

8 Stretch your right forward and begin a "ripple" from the fingers, through the elbow and then shoulders as you at the same time are turning a ¼ turn left

RIPPLE INTO A BODY ROLL DOWN & UP, STEP, LOCK & STEP, STEP, ¾ TURN

1-2 This "ripple" is now at your shoulders, let this ripple take you into a body roll from head to hips (1, 2)

3-4 Body roll up again, (from hips to head)

5-6& Step forward on left, lock right behind left, step forward on left

7-8 Step forward on right, pivot ¾ turn left, weight ends on left

REPEAT

Ripple: a movement that illustrates a wave