

Funk It Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner ish
编舞者: Jørn Ingo Madsen - January 2015
音乐: Slam Dunk - Five



Music suggestion: This is a Fast One But find one you like: Let's Groove Artist: Earth, Wind & Fire

[1-8] □ Section 1: □ Funky Walks Forward and Back, & syncopated jumps. □

- 1-2 Step R Forward an Out to R side (1) Step L Forward an Out to Left side (2)
- 3-4 Step R Back To Center (3), Step L Back to center,
- &5&6 Step/jump R Forward (&) , Step/Jump L forward on (5), Step/jump R Back on (&) Step/Jump L Back (6)
- &7&8 Repeat &5&6.

[9-16] □ Section 2: □ Rolling Wine to Right, Rolling wine to The Left.

- 1-4 Turn ¼ To R step R forward 3 o'clock, Turn ½ Turn on ball and Step Left Back 9 o'clock, Turn ¼ R Step R to Right side 12 O'CLOCK, touch L next to Right.
- 5-8 Turn ¼ To L step L forward 9 o'clock, Turn ½ Turn on ball and Step R Back 3 o'clock, Turn □ ¼ L Step L to Right side 12 O'CLOCK, touch L next to Right.

Option □ (For absolute beginners: they can take a Vine to L, vine to R if Rolling is to tricky)

(IF You like to Funk it up, You can do the 3 first counts:

(&4&) □ Then You touch L next R (&), Touch L Out to side(4), Touch L next to R on &

(&8&) □ Repat it but now with R legs.

(&4,&8) Or clap hands x2 on & 4 and on & 8

[17-24] □ Section 3: □ Step slide, step slide, 2 x Rock and step

- 1-2 Step Right Diagonally Forward (1), Slide Left into Right (2)
- 3-4 Step Left Diagonally Forward (3), Slide Right Into Left (4)
- (The Option will start here on 5&6.....)
- 5&6 (21) Rock R forward (5), Recover back to L (&) Step R forward (6).
- 7&8 Rock L forward (7), Recover to R (&), Step forward on L (8) .
- (Show your breast, view yours tits) □ On 5&6 7&8.)

[25-32] □ Section 4: □ 2 x Steps turns (Step ¼ turn), Cross Back Side X 2

- 1-2 Step R Forward, Turn ¼ to left change weight to L
- 3-4 (28) □ Repat 1-2 (The option under will stops here)
- 5&6 Cross R over L (5), Step Back on L (&), Step R to R Side.
- 7&8 Cross L over R (7), Step Back On R (&), Step L to L Side.

THE END, START AGAIN , HAVE FUN, GO TOTALLY MAD ON THE DANCE FLOOR, KEEP SMILING.

(For easier steps: You do a jazzbox on 5-6-7-8. Cross R over L (5), Step back on L (6), Step R to R Side (7), Step L Forward (8))

(For They as Want to Funk It up, You do: Kick R diagonally L (5), cross R over L (&), Step L Back (6), Step R to R side(&), Kick L diagonally Forward (7) Cross L over R (&), Step R back (8), Step L to the L side.)

Option □: Only for the intermediate dancers, Of Course you are... This is a variation.

[21-28] □ Running Man, Scuff Turns, Looking's prep, Spinn turns ¾ turns

- &5,&6, Hitch R (&) Drop Down With R while L presses Back (5)
- & 7 Hitch L (&) Drop Down with L while R presses Back (6), Hitch R (&) Drop Down With R while L presses Back (7)
- & 8 Scuff L Forward (&), Turn ¼ to R while Step L to Side. 3 O'CLOCK
- 1 & 2 Look for Cars to Right (1) 6 o'clock, Look Forward to see the crashes (&) □ 3 o'clock, Angel your body (not yours □ feet) to the R and make a big prep. You look at 6 o'clock

3-4 Over 2 Counts you spin $\frac{3}{4}$. Ready to come into the dance again. Cross, back, Side – Cross, Back, side.

Only For The Advance and superstars:

3-4 On Count 3-4 You get more Power from the Prep and You can make a Full and a $\frac{3}{4}$ Spinning turns.

of course you can.

This dance was made to Our Open Day in Lillyhammer for the beginners but you can funk it up if you like, and I have her give a little examples , and the dance was well received and also in workshops at Tromsø, and I hope you will like it too. Now, it's your time to funk it up, do everything that's are Funky stuff. Keep on smile and keep on Mooooove your feet....Good Luck: Jørn Ingo Madsen/Western Kickers
Linedancers/Norway/Lillehammmmer☐

Email: Jorningomadsen@gmail.com

Music suggestion: This is a Fast One But find one you like: Let`s Groove Artist: Earth, Wind & Fire
