

# Funk It Up

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 Moooove your feet....Good Luck: Jørn Ingo Madsen/Western Kickers Linedancers/Norway/Lillehammer□

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