

Funk It Out!

拍数: 32 墙数: 4 级数: Beginner - Funky Rhythm
编舞者: Niels Poulsen (DK) - May 2017
音乐: Let It Out (feat. Snoop Dogg) - Charlie Wilson : (Amazon, iTunes, etc)



Music Options:-

I Don't Need It by Jamie Foxx feat. Timbaland. Buy on Amazon, iTunes, etc
Undress rehearsal by Timeflies. Buy on Amazon, iTunes, etc
Kiss the sky by Jason Derulo. Buy on Amazon, iTunes, etc
Dynamite by Nause. Buy on Amazon, iTunes, etc

Intro: From the main beat there is a 16 count intro (16 secs. into music) using any of all the above-mentioned tracks. Start with weight on L foot

NOTE: NO TAGS – NO RESTARTS!!!

Extra note The intention of this dance has been to create a beginner floor-split to many of the intermediate and higher level funky dances out currently, like: 'Don't need it' by myself. 'Let it out' by Rachael McEnaney White. 'Main attraction' by Joey, Jannie and Kirsten. 'Kiss the sky' by Neville and Julie. 'Dy na mite' by Dee Musk. Etc. etc.

[1 – 8] □R cross point, side point, cross point, side step, Repeat with L

1 – 2 Cross point R over L (1), point R to R side (2) □12:00
3 – 4 Cross point R over L (3), step R to R side (4) □12:00
5 – 6 Cross point L over R (5), point L to L side (6) □12:00
7 – 8 Cross point L over R (7), step L to L side (8) □12:00

[9 – 16] □Cross back, R chasse, cross back, L chassé ¼ L fwd

1 – 2 Cross R over L (1), step back on L (2) □12:00
3&4 Step R to R side (3), step L next to R (&), step R to R side (4) □12:00
5 – 6 Cross L over R (5), step back on R (6) □12:00
7&8 Step L to L side (7), step R next to L (&), turn ¼ L stepping fwd on L (8) □9:00

[17 – 24] □R rock fwd, pony steps back R & L, R rock back

1 – 2 Rock fwd on R (1), recover back on L (2) □9:00
3&4 Step back on R popping L knee fwd (3), recover onto L again (&), step back on R popping L knee fwd (4) □9:00
5&6 Step back on L popping R knee fwd (5), recover onto R again (&), step back on L popping R knee fwd (6) □9:00
7 – 8 Rock back on R (7), recover fwd to L (8) □9:00

[25 – 32] □Point R to R diagonal, step together, Repeat with L, R & L kick ball point

1 – 2 Turn body to L diagonal pointing R to R diagonal (1), return body back to neutral stepping R next to L (2) □9:00
3 – 4 Turn body to R diagonal pointing L to L diagonal (3), return body back to neutral stepping L next to R (4) □9:00
5&6 Kick R fwd (5), step down on R (&), point L to L side (6) □9:00
7&8 Kick L fwd (7), step down on L (&), point R to R side (8) □9:00

START AGAIN and... ENJOY!