

Funky Cold Medina

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Laura Rittenhouse (AUS) - November 2019
音乐: Funky Cold Medina - Tone-Loc : (Album: Loc-ed After Dark)



Start after 36 beats with the lyrics

S1: RAMBLE RIGHT, CROSS ROCK

1,2,3,4 Swivel heels R, Swivel toes R, Swivel heels R, Swivel toes R (hold arms with bent elbows and palms facing front swinging R,L,R,L as you ramble)
5,6,7,8 Cross rock L over R, Recover on R, Step L beside R, Hold (weight on both feet)

S2: RAMBLE LEFT, CROSS ROCK

1,2,3,4 Swivel heels L, Swivel toes L, Swivel heels L, Swivel toes L (hold arms with bent elbows and palms facing front swinging L,R,L,R as you ramble)
5,6,7,8 Cross rock R over L, Recover on L, Step R beside L, Hold

S3: ZIGZAG SHUFFLE FORWARD, ROCK TURN & WALK

1&2, 3&4 Shuffle fwd to R diagonal R,L,R (1:30), Shuffle fwd to L diagonal L,R,L (10:30)
5,6,7,8 Rock forward on R (12:00), Recover on L, Turn ½ R stepping R fwd (6:00), Step L fwd

S4: WEAWE LEFT, STEP R & DRAG (hold arms to the sides through this section)

1,2,3,4 Cross R over L (while bending knees), Step L beside R (while straightening knees), Cross R behind L (bending knees), Step L beside R (straightening knees)
5,6,7,8 Big step R (1,2), Drag L foot to stand beside R with weight evenly on both feet (3,4)

Be expressive while dancing this one using your arms & hips during the ramble to emphasise twisting, rock your arms during the shuffle & hold your arms out during the weave, step & drag. It's a slow dance so there's opportunity to use more energy with your arms and torso if you're so inclined.