# King is Born

**拍数:** 76 **墙数:** 2 **级数:** Phrased Advanced
**编舞者:** Shane McKeever (N.IRE) - October 2019
**音乐:** King Is Born - Aloe Blacc : (iTunes)

**Intro: Start after 32 counts, app. 19 secs into track. Start with weight on L**
**Restart: Comes only once, during 3rd B, restart dance into A after 24 counts, facing 12:00**
**Sequence: A,B, A,B, A,B (24), A,A, Ending**

**A – 32 counts, 1 wall**
**[1 – 8] R kick cross side rock, kick ball, R mambo ¼ R, knee pop, behind side fwd**

| | |
|---|---|
| 1&2& | Kick R fwd (1), cross R over L (&), rock L to L side (2), recover on R (&) 12:00 |
| 3& | Kick L fwd (3), step down on L (&) 12:00 |
| 4&5 | Rock R fwd (4), recover back on L (&), turn ¼ R stepping R to R side (5) 3:00 |
| &6 | Pop both knees fwd (&), straighten knees (6) 3:00 |
| 7&8 | Cross L behind R (7), step R to R side (&), step L fwd (8) 3:00 |

**[9 – 16] Hook/bend, recover, back ¼ cross, side R, lean LRL (shadow boxing)**

| | |
|---|---|
| 1 – 2 | Hook R behind L leg popping L knee fwd (1), step back on R (2) 3:00 |
| 3&4 | Step back on L (3), turn ¼ R stepping R to R side (&), cross L over R (4) 6:00 |
| 5 – 8 | Step R to R side leaning body R (5), lean body L side (6), lean body to R side (7), lean body to L side (8) … 6:00 |

**Styling: bringing up hands fisted as if you're protecting your face (think 'boxing')**

**[17 – 24] Travelling rock steps, ¼ R side rock with hip roll X 2**

| | |
|---|---|
| 1&2& | Cross rock R heel over L (1), recover on L stepping L a small step fwd (&), rock R heel to R side (2), recover on L stepping L a small step fwd (&) 6:00 |
| 3&4 | Cross rock R heel over L (3), recover on L stepping L a small step fwd (&), step R to R side (4) 6:00 |
| 5 – 6 | Turn ¼ R lifting L hip up and rocking L to L side pushing hips to L side (5), recover on R (6) 9:00 |
| 7 – 8 | Turn ¼ R lifting L hip up and rocking L to L side pushing hips to L side (7), recover on R (8) 12:00 |

**[25 – 32] L kick cross side rock, R kick out out, Arms R, arms L, arms fwd, arms to head**

| | |
|---|---|
| 1&2& | Kick L fwd (1), cross L over R (&), rock R to R side (2), recover on L (&) 12:00 |
| 3&4 | Kick R fwd (3), step R out to R side (&), step L out to L side (4) 12:00 |
| 5 – 6 | Bring both arms up to chest height moving them out to R side with R&L index fingers pointed to R side (5), move both arms to L side keeping index fingers pointed (6) 12:00 |
| 7&8 | Move both arms straight fwd leaving index fingers pointed (7), flip both hands so both palms face each other (&), move both hands up on each side of your head indicating you put a crown on your head (8) … (transfer weight to L) 12:00 |

**B – 44 counts, 2 walls**
**[1 – 8] R step slide, L sailor step, R kick hook/sit down, R kick side, R sailor step**

| | |
|---|---|
| 1 – 2 | Step R a big step to R side (1), slide L towards R (2) 12:00 |
| 3&4 | Cross L behind R (3), step R to R side (&), step L to L side (4) 12:00 |
| &5 – 6 | Kick R fwd (&), hook R in front of L shin bending in L knee 'sit down' (5), kick R fwd and out to R side straightening L knee (6) … 12:00 |

**Arms for count 5: when hooking R leg in front of L shin you bend in L elbow bringing L arm in front of body and with R elbow bent R arm is pointing up (fisted) as if resting R elbow on L wrist … (Drop arms down when kicking R…) ☐**

| | |
|---|---|
| 7&8 | Cross R behind L (7), step L to L side (&), step R to R side (8) 12:00 |

**[9 – 16] Tap step, touch together, ¼ R knee roll, L coaster step, up, bounce ½ R**

| | |
|---|---|
| &1 – 2 | Tap L next to R (&), step L to L side (1), touch R next to L (2) 12:00 |
| 3& | Roll R knee ¼ R (3), step down on R (&) 3:00 |
| 4&5 | Step back on L (4), step R next to L (&), step L fwd (5) 3:00 |
| 6 | Go up on ball of L (6) 3:00 |
| 7&8 | Gradually turn ½ R onto R bouncing in feet and lowering to normal position in knees (7&8) 9:00 |

**[17 – 24] Side L, body roll, L&R heel flicks, ¼ L side R, touch behind, unwind ¾ L, press R fwd**

| | |
|---|---|
| 1 – 2 | Step L to L side with both knees bent (1), roll body up (&2) 9:00 |
| 3&4 | Flick L heel out to L side (3), step L down (&), step R heel out to R side (4) 9:00 |
| &5 | Turn ¼ L stepping R to R side (&), touch L behind R (5) 6:00 |
| 6 – 8 | Slowly unwind ¾ L onto L (6-7), press R fwd (8) 9:00 |

**[25 – 32] Recover ¼ R sweep, R sailor step, ball side, walk LR ½ R, run LRL ½ R**

| | |
|---|---|
| 1 | Recover back on L turning ¼ R and sweeping R out to R side (1) 12:00 |
| 2&3 | Cross R behind L (2), step L to L side (&), step R to R side (3) 12:00 |
| &4 | Step L next to R (&), step R to R side (4) 12:00 |
| 5 – 6 | Turn ¼ R walking L fwd (5), turn ¼ R walking R fwd (6) 6:00 |
| 7&8 | Turning ½ R run LRL in a semi-circle (7&8) … * restart here into A during 3rd repetition 12:00 |

**[33 – 40] Fwd R, tap X 2, fwd L, tap X 2, R coaster step, step ½ R**

| | |
|---|---|
| 1&2 | Step R to R diagonal (1), tap L towards R (&), tap L next to R (2) 12:00 |
| 3&4 | Step L to L diagonal (3), tap R towards L (&), tap R next to L (4) 12:00 |
| 5&6 | Step BACK on R (5), step L next to R (&), step R fwd (6) 12:00 |
| 7 – 8 | Step L fwd (7), turn ½ R onto R (8) 6:00 |

**[41 – 44] Body lean side L, down, side R, up**

| | |
|---|---|
| 1 – 4 | Step L to L side leaning body L (1), move body anti-clockwise bending in knees (2), lean body to R side (3), straighten knees moving body to L side and to centre (4) … (weight L) 6:00 |

**ENDING (Do your last A, starts facing 12:00. Do counts 31, now facing 12:00)**
**[32 – 36] Hold, flip hands inwards, bring hands up on head indicating a crowning**

| | |
|---|---|
| 32 | Hold but keeping arms fwd you flip both hands so both palms face each other (32) 12:00 |
| 33 – 36 | Slowly move both hands up on each side of your head indicating you are putting a crown on your head (33-36) … 12:00 |

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