

Super Funk

拍数: 32 墙数: 4 级数: Improver
编舞者: Aurora Rife de Jong (USA) & Amy Christian (USA) - February 2022
音乐: Upbeat Super Funk - WavebeatsMusic



Intro: 32 counts.

STEP, STEP-SIDE ROCK, TOUCH, STOMP FWD, HEEL BOUNCE X 3 MAKING ¼ TURN LEFT,

- 1 Step R forward,
- 2&3 Step L forward, rock R to right side, Recover on L,
- 4 Touch R next to L,
- 5 Stomp R forward,
- 6-8 Bounce heels 3 times making a ¼ turn left, (weight ends on L), [9:00]

CROSS, POINT OUT, L COASTER STEP, KICK-OUT-OUT, BUMP R, BUMP L,

- 1-2 Cross R over L, Touch L out to left side,
- 3&4 L Coaster Step,
- 5&6 Kick R forward, Step R out to right side, Step L out to left side,
- 7-8 Bump R, Bump L,

BIG STEP RIGHT, DRAG L, ¼ SAILOR STEP, FUNKY WEAVE,

- 1-2 Take a big step to the right side, Drag L towards R,
- 3&4 ¼ Sailor turning left, [6:00]
- 5-6 Step R behind L as you pop L knee, Step L to left side as you pop R knee,
- 7-8 Cross R over L as you pop L knee, Step L to left side, (Option for counts 5-8 Do a regular weave),

*(RESTARTS happen here.)

¼ MONTEREY INTO SWITCHES, KICKBALL CHANGE, ½, ½,

- 1-2 Touch R out to right side, Keeping weight on L - Twist ¼ right as you step R next to L, [9:00]
- 3&4 Touch L out to left side, Replace L next to R, Touch R next to L,
- 5&6 Kick R forward, Step back on ball of R, Step forward on L (Prep),
- 7-8 Turn left making ½ turn [3:00], Turn left making ½ turn left, [9:00]

(Easy Option for counts 5&6 - Do a regular Kickball Change and for counts 7-8 Walk forward R-L,)

START OVER!

*RESTARTS - There are 2 restarts and the music changes there.
They happen after 24 counts on Wall 4 and Wall 9.

Emails: amyc@linefusiondance.com and aurora.dejong@gmail.com

Last Update - 7 Mar 2022