

Keep It Funky

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Jill Weiss (USA) - October 2024
音乐: Keep It Groovin' - Extreme Music : (Album: Superfunk)



No tags/restarts!

Intro 16 counts, start with lyrics

Alt Song: It Feels Good by Drake White (restart 3rd rotation, after 16 counts)

Alt Song: It Had To Be You by the Overtones (no tags/restarts)

K STEP (WITH CLAPS), END WITH SCUFF FORWARD

1-2 Step R forward to right diagonal, touch L next to R with clap
3-4 Step L back to left diagonal, touch R next to L with clap
5-6 Step R back to right diagonal, touch L next to R with clap
6-8 Step L forward to left diagonal, scuff R forward (clap optional)

SHUFFLE FORWARD, FORWARD ROCK, BACK DRAG, STOMP (NO WEIGHT)

1&2 Step R forward, step L next to R, step R forward
3-4 Rock forward on L, replace weight back to R
5-6-7-8 Big step back on L (5), drag heel of R back (6-7) Stomp R next to L (no weight) (8)

HIP BUMPS

1&2, 3&4 Bump hips R - L - R, then L - R - L
5&6, 7&8 Bump hips R - L - R, then L - R - L

(or any combination of hip bumps or rolls that will keep it funky! End weight on L)

PIVOT TURNS/HIP ROLLS, JAZZ BOX WITH A CROSS

1-2 Step forward R, pivot 1/8 rolling hips counterclockwise, weight to L
3-4 Repeat 1-2 (9:00)
5-6-7-8 Cross R over L, step back on L, step R next to L, step L in front of R

ENDING: Wall 13 (3rd time starting at 9:00), dance through hip bumps, do the pivots as ½ and ¼ to 12:00 on counts 25, 26, 27 and 28. Ta da!

Have fun and keep it funky!

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Questions, please contact Jill Weiss at jill@freespindance.com

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