

Frontin' On Me

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Frontin' On Me - Velvet Empire



FUNKY SIDE KICK, STEP FORWARD, FORWARD BODY ROLL, REPEAT OTHER FOOT

- &1 Hitch right knee, kick right foot to right side, keep the kick high
For styling: lean upper body to left side as you kick
&2 Hitch right knee up, step down on right beside left
3 Step forward on left and let the body come after as in a body roll from hips to head
4 Step right next to left
&5 Hitch left knee, kick left foot to left side, keep the kick high
For styling: lean upper body to right side as you kick
&6 Hitch left knee up, step down on left beside right
7 Step forward on right and let the body come after as in a body roll from hips to head
8 Step left next to right

ROGER RABBITS, BACK ROCK, STEP, ¼ TURN POINT & CROSS, SIDE, CROSS

- 1 Kick right foot back with a straight leg as you slide slightly back on left
& Lift left heel (pop left knee out) and step right foot under left heel
2 Kick left foot back with a straight leg as you slide slightly back on right
& Lift right heel (pop right knee out) and step left foot under right heel
3 Kick right foot back with a straight leg as you slide slightly back on left
& Lift left heel (pop left knee out) and step right foot under left heel
4&5 Step back on left, rock forward onto right, step forward on left
6 Pivot ¼ turn left pointing right toe to right side
&7 Hitch right knee up, step right across of left
&8 Step left to left side, step right across of left,

UNWIND ½ TURN, HOLD, BALL STEP, STEP FORWARD, MAMBO STEP, POINT, ¼ TURN WITH ARM RIPPLE

- 1-2 Unwind ½ turn left, hold
Your left toe will now point up in the air
&3-4 Step left next to right, step forward on right, step forward on left
5&6 Press ball of right foot to floor forward, recover weight on left, step right slightly back
7 Point left toe back
8 Stretch your right forward and begin a "ripple" from the fingers, through the elbow and then shoulders as you at the same time are turning a ¼ turn left

RIPPLE INTO A BODY ROLL DOWN & UP, STEP, LOCK & STEP, STEP, ¾ TURN

- 1-2 This "ripple" is now at your shoulders, let this ripple take you into a body roll from head to hips (1, 2)
3-4 Body roll up again, (from hips to head)
5-6& Step forward on left, lock right behind left, step forward on left
7-8 Step forward on right, pivot ¾ turn left, weight ends on left

REPEAT

Ripple: a movement that illustrates a wave