

Funkafied Blues

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA) - September 2007
音乐: Funkafied Blues - E.C. Scott



SIDE ROCK, RECOVER, 2 SAILOR SHUFFLES, AND TOUCH, HOLD

- 1-2 Rock right foot to right side, recover to left foot
3&4 Step right foot crossed behind left, rock ball of left foot to left side, step right foot in place/slightly forward
5&6 Step left foot crossed behind right, rock ball of right foot to right side, step left foot in place/slightly forward
&7-8 With a slight jumping motion, step right foot together, touch left foot to left side, hold

2 TOE STRUTS TO THE RIGHT, JAZZ BOX

- 1-2 Place left toe across in front of right, drop left heel placing weight on left foot
3-4 Place right toe to right side, drop right heel placing weight on right foot
5-6 Step left foot across in front of right, step back with right foot
7-8 Step left foot to left side, small step forward with right foot

CROSS, SIDE, DRAG, BALL CHANGE, TRIPLE LEFT, KICK, BALL CHANGE

- 1-2 Step left foot across in front of right, large step with right foot to right side
3&4 Hold & drag left toe in toward right foot, rock back on ball of left foot, recover forward to right foot
5&6 Step left foot to left side, step together with right, step left foot to left side allowing body to face slightly right
7&8 Kick right foot to right forward diagonal, rock back with ball of right foot, recover forward to left foot

TWO TRIPLES WITH TURN ¾, ROCKING CHAIR

- 1&2 Squaring up to face the front step right foot to right side, step together with left, turn ¼ left and step back with right foot
3&4 Turn ¼ left and step left foot to left side, step together with right foot, turn ¼ left and step forward with left foot
5-6 Rock forward with right foot, recover back to left foot
7-8 Rock back with right foot, recover forward to left foot

ROCK, RECOVER, BACK OR TURN, OUT, OUT, HOLD

- 1-2 Rock forward with right foot, recover back to left foot
3-4 Step back with right foot, step back with left foot

Option: *for a more challenging version of the above 2 counts add a full turn right by doing this:*

- 3-4 Turn ½ right and step forward with right foot, turn ½ right and step back with left foot
&5 Step right foot to right side, step left foot to left side so that weight is on both feet
6-8 Hold

KNEE ROLLS RIGHT AND LEFT, KICK & KICK & TOUCH & TOUCH &

- 1-2 Lift right heel off ground, bend right knee and roll out to right side, lower right heel
3-4 Lift left heel off ground, bend left knee and roll out to left side, lower left heel
5& Low kick with right foot across in front of left, step together with right foot
6& Low kick with left foot across in front of right, step together with left foot
7& Touch right toe to right side, step together with right foot
8& Touch left toe to left side, step together with left foot

REPEAT