JN Funk



拍数: 32 墙数: 4 级数: Intermediate Funky

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音乐: It's Like That (Short Edit) - Run-DMC: (2:00)



Intro: 16 counts on heavy beat

SIDE TOE SWITCHES, HEEL SWITCHES, PIVOT 1/2 L, STOMP, STOMP

Touch right toe to right, step right beside left, touch left toe to left, step left beside right

Touch right toe to right, step right beside left, touch left heel forward, step left beside right

5-6 Step forward on right, pivot ½ turn left

7-8 Stomp forward on right, stomp left beside right

MASH POTATO, BALL STEP, ½ L, ¼ L, TOUCH

&1&2 Swivel both heels out, swivel both heels in placing R slightly behind L, swivel both heels out,

swivel both heels in placing L slightly behind R (traveling backwards).

&3&4 Repeat steps &1&2 (Easy option: walk back R,L,RL)

&5-6 Step back on ball of right, step forward on left, ½ turn left step back on right

7-8 ½ turn left step left to left, touch right toe beside left

(Restart on wall 3 and 6)

KICK CROSS SIDE ROCK, KICK CROSS SIDE ROCK, JAZZ BOX

1&2& Kick right forward, cross right over left, rock left to left, recover onto right 3&4& Kick left forward, cross left over right, rock right to right, recover onto left

5-6 Cross right over left, step back on left7-8 Step right to right, cross left over right

R TOE STRUT, L TOE STRUT, 4 COUNTS FREESTYLE

1-2 Touch right toe to right diagonally forward, drop right heel down

3-4 Touch left toe to left diagonally forward, drop left heel down (Feet shoulder width apart)

5-8 Freestyle (Do whatever you want)

Suggestion: Hip roll, body roll, wiggle your bump, shoulder pops or just pose with attitude.

REPEAT

RESTART

On wall 3 and 6, dance to count 16, then restart dance.