

Denver Funk

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Laurie Schlekeway-Burkhardt (USA) - December 2014
音樂: Uptown Funk (feat. Bruno Mars) - Mark Ronson



*1 Slight Variation, No Restarts

S1 [1-8]: KICK BALL CHANGE, WALK, X2

- 1&2 While traveling slightly forward, kick right foot forward (1), step right foot back in place (&), step left foot forward (2)
- 3-4 Walk forward right (3), left (4). While doing this step, pretend to be playing a guitar.
- 5&6 Repeat steps 1-4

S2 [1-8]: RIGHT ROLLING GRAPE VINE WITH HIP THRUST; LEFT ROLLING GRAPE VINE WITH HIP THRUST

- 1-4 Making a full turn to the right: step right foot to right side (1), making a half turn to the right, step left out to left side (2), making another half turn to the right, step right foot out to right side (3), lift left leg up and thrust hips slightly diagonal to the right (4)
- 5-8 Making a full turn now to the left, after the hip thrust, step left foot to the left side (5), making a half turn to the left, step right foot out to right side (6), making another half turn to the left, step left foot to left side (7), lift right leg up and thrust hips slightly diagonal to the left (8)

S3 [1-8]: HIP THRUSTS

- 1-4 After doing the hip thrust from the last move the right leg is still in the air, step right leg slightly forward diagonally to the right (1), lift left leg and thrust hips forward (2), step left leg slightly forward to the left (3), lift right leg and thrust hips forward (4)
- 5-8 You will do these same 4 steps, but now stepping backwards: Step right leg slightly back diagonally to the right (5), lift left leg and thrust hips forward (6), step left leg slightly backward to the left (7), lift right leg and thrust hips forward (8)

S4 [1-8] : ATTITUDE WALK TO THE RIGHT, ¼ TURN, ATTITUDE WALK TO THE LEFT

- 1-4 While walking to the right, place right hand on stomach area, and put left hand out to the left side, palm facing back – walk right (1), left (2), right (3), touch left toe next to right, making a ¼ turn to the right (4)
- 5-8 Do the same 4 steps now to the left: while walking to the left, place left hand on stomach area, and put right hand out to the right side, palm facing back – walk left (5), right (6), left (7), touch right toe next to left (8)

S5 [1-8]: MONTEREY TURNS; FUNKY ROCK STEPS

- 1-4 Step right foot out to right side (1), bring right foot back center, making ½ turn to the right (2), step left foot out to left side (3), bring left foot back to center (4)
- 5-6 Rock forward on to the right foot (5), rock back onto left (7)
- 7&8 Same thing now faster – Rock forward onto right (7), rock back onto left (&), rock forward onto right (8)

S6 [1-8]: FUNKY ROCK STEPS, TOE STRUTS

- 1-2 Do these steps again, now to the left – Rock forward onto the left (1), rock back onto the right (2)
- 3&4 Now faster – Rock forward onto the left (3), rock back onto the right (&)m rock forward onto the left (4)
- 5-8 Strut right heel forward (5), step right foot in place (&), strut left heel forward (6), step left foot in place (&) strut right toe forward (7), step right foot in place (&) strut left toe forward (8), step left back in place (&)

S7 [1-8]: RIGHT HIP ROCKS MAKING ¼ TURN TO LEFT; FUNKY HIP BUMPS

- 1-4 Step right out to the right and rock hips to the right (1), rock back onto the left (2), step right out to the right and rock hips to the right making ¼ turn to the left (3), rock back onto the left foot
- 5-8 Rock right, but with left hip bumping out to the left and right knee popping in (5), same thing rocking left (6), same thing rocking right (7), left knee (8) – through this move you will be moving your fists up and down starting with the right one – on the 5 count, right fist will come up to right shoulder, while the left fist is straight down to the left leg, then alternate with the hip bumps. Watching the video will help!

S8 [1-8]: FUNKY HIP BUMPS; SYNCOPATED ROCK STEPS

- 1-4 Rock left, but with right hip bumping out to the right and left knee popping in (1), same thing rocking right (2), same thing rocking left (3), lift right leg (4)
- 1-2 Rock forward on right (1), rock back on right (2), step right in place (4), rock left forward (3), rock back on right (4), step left in place (&)

REPEAT

**** Slight Tag:** On the 3rd time through, back on the front wall, when we do the hip thrusts, for the first 4 counts of the that, you will jump forward right (&), left (1) and hold (2) – you can remain the hold for 2 more counts, or get funky and shake your bum quickly for the next 2 counts – your choice. Then for the remaining 4 counts of that 8, you will go back to the original move: Step right leg slightly back diagonally to the right (5), lift left leg and thrust hips forward (6), step left leg slightly backward to the left (7), lift right leg and thrust hips forward (8)

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