

Chunky

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Chunky - Bruno Mars : (Album: 24k Gold)



Tag at end of walls 3 and 6

[1-8] R TOE HEEL TOE, L COASTER STEP TOGETHER FWD, R CROSS OVER L WITH DIAGONAL PRESS, L SIDE BEHIND SIDE

- 1&2 (1) Fan toe of R to right; (&) Move heel of R to right; (2) Fan toe of R to right
3&4 (3) Step L back; (&) Step ball of R beside L; (4) Step L forward (coaster step)
&5,6 (&) Step R beside L; (5) Step L forward; (6) Press R across L [11:00]
7&8 (7) Step L to left; (&) Step R behind L; (8) Step L to left

Styling Option; On counts 1&2 slightly bend knees with slight bend at the waist to give a funky feel; on count 6 the press is on the ball of the R foot with the R knee bent

[9-16] HEEL POP LEFT AND RIGHT, L SIDE TOUCH, R SIDE TOUCH, TWO KNEE TICKS

- 1-2 (1) Lift both heels and swivel to the left diagonal (facing 1 o'clock)
(Note: Your weight should be predominantly in the left leg as you settle into the left hip. You should feel your weight towards the back of your feet at the heels. Also ensure you straighten your knees when settling weight);
(2) Lift both heels and swivel to the right diagonal to repeat to the right side to face 11 o'clock (your weight settling into your right hip)
3-4 (3) Square up to 12 o'clock to Step L to left side; (4) Touch R next to left
5-6 (5) Step R to right side; (6) Touch L next to R
7-8 (7-8) Staying in place lift L knee 2X (just to the level that your thigh is parallel to the ground), at the same time bring your upper body down to meet your knee to create a sharp "tick" movement. Straighten back up returning your foot down to the ground to lightly touch before repeating the same movement for count 8

Styling Option: On counts 3-6 you can get down and quite funky with this move by bending slightly at the knees and waist to have a more funky feel. On counts 7-8 you can angle your body and shoulders to the left diagonal when bring your knee up.

[17-24] ¼ LEFT WITH SLIDE LEFT AND KNEE TUCK, ½ RIGHT BACK TOGETHER CROSS, L PRESS WITH SWAY, R BEHIND SIDE CROSS

- 1-2 (1) Turn ¼ left stepping L a large step to left [09:00]; (2) Ensuring all of your weight is on the L, tuck your R knee in to meet your L torquing your upper body left in preparation of turning right
3&4 (3) Step R back; (&) Turn ¼ right stepping L beside R (but slightly behind as you continue to travel) [12:00]; (4) Turn ¼ right crossing R over L towards the left side [03:00]
5-6 (5) Step L to left side in a press with a bent knee, swaying upper body to the left; (6) Recover weight to the R as you straighten up
7&8 (7) Step L behind R; (&) Step R to right side; (8) Cross L over R

Styling Option: On counts 3&4 you can do this turn with bent knees to create a more funky 'run' effect

[25-32] STEP ¼ PIVOT LEFT, KICK CROSS SIDE ROCK RECOVER, FWD SLIDE BACK, TOGETHER FWD, ¼ TURN RIGHT

- 1-2 (1) Step R forward; (2) turn ¼ left ensuring weight is on the L [12:00]
3&4& (3) Kick R forward; (&) Cross R over L; (4) Rock L to right side; (&) Recover weight to R
5-6 (5) Step on the ball of L in front of R; (6) Slide R back as you lower the heel of L
&7,8 (&) Step R directly behind L; (7) Step L forward; (8) Turn ¼ right by picking up heels and swiveling them left, almost like a knee pop [3:00]

Styling Option: On counts 3&4& bend down and give it a little bounce to make it more funky; on counts &7 you can do a body roll up from the hips

Tag: Insert the following steps at the end of walls 3 (facing 9 o'clock) and 6 (facing 6 o'clock)
(1) Point R to right side; (&) Replace R beside L; (2) Kick L foot forward; (&) Replace L beside R with feet slightly apart; (3) Step R slightly out to right side; (&) Step L foot beside R; (4) Step R to right side
For styling on counts (&4) your feet move first, then the hips and then the upper body last to give the effect of a side body roll starting with your feet. You are ready to begin again with your R foot.

Begin Again and Enjoy!

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