Funk You Up

拍數: 32

級數: Easy Intermediate

編舞者: Roosamekto Mamek (INA) - March 2017

音樂: Funk You Up - Look Twice

Intro: 8 counts

S1: KICK BALL CROSS, TWIST (R & L)

- 1&2 Kick R forward Step R beside L Cross L over R
- 3&4 Step R beside L and twist both heel to right Twist both heel to left Twist both heel to right
- 5&6 Kick L forward Step L beside R Cross R over L
- 7&8 Step L beside R and twist both heel to left Twist both heel to right Twist both heel to left

S2: SAILOR STEPS, HIPS BUMPS

- 1&2 Cross R behind L Rock L slightly to side Step R to side
- 3&4 Cross L behind R Rock R slightly to side Step L to side
- 5&6 Bump hips to right Bump hips to left Bump hips to right
- 7&8 Bump hips to left Bump hips to right Bump hips to right

S3: SIDE CHASSE, SIDE CHASSE TURN 1/4 LEFT (3X)

- 1&2 Step R to side Step L together Step R to side
- 3&4 Turn ¼ left step L to side Step R together Step L to side
- 5&6 Turn ¼ left step R to side Step L together Step R to side
- 7&8 Turn ¼ left step L to side Step R together Step L to side

S4: CROSS ROCK (R & L), JAZZ BOX TURN 1/4 RIGHT

- 1&2 Cross/Rock R over L Recover on L Step R to side
- 3&4 Cross/Rock L over R Recover on R Step L to side
- 5-8 Cross R over L Turn ¼ right step L back Step R to side Step L forward

REPEAT

TAG: End of walls 2 & 4 (Both facing 12:00)

KICK BALL CROSS, BIG SIDE STEP, TAP, HIPS BUMPS

- 1&2 Kick R forward Step R beside L Cross L over R
- 3-4 Take a big step R to side and drag L toward R Tap L beside R
- 5&6& Bump hips up to left Bump hips to right Bump hips down to left and bend knees Bump hips to right
- 7&8& Bump hips up to left Bump hips to right Bump hips down to left and bend knees Bump hips to right

KICK BALL CROSS, BIG SIDE STEP, TAP, HIPS BUMPS

- 1&2 Kick L forward Step L beside L Cross R over L
- 3-4 Take a big step L to side and drag R toward L Tap R beside L
- 5&6& Bump hips up to right Bump hips to left Bump hips down to right and bend knees Bump hips to left
- 7&8& Bump hips up to right Bump hips to left Bump hips down to right and bend knees Bump hips to left

For song & step sheet please contact: Roosamekto.Nugroho@gmail.com





牆數:2