

Super Funk

拍數: 32 牆數: 4 級數: Improver
編舞者: Aurora Rife de Jong (USA) & Amy Christian (USA) - February 2022
音樂: Upbeat Super Funk - WavebeatsMusic



Intro: 32 counts.

STEP, STEP-SIDE ROCK, TOUCH, STOMP FWD, HEEL BOUNCE X 3 MAKING ¼ TURN LEFT,

1 Step R forward,
2&3 Step L forward, rock R to right side, Recover on L,
4 Touch R next to L,
5 Stomp R forward,
6-8 Bounce heels 3 times making a ¼ turn left, (weight ends on L), [9:00]

CROSS, POINT OUT, L COASTER STEP, KICK-OUT-OUT, BUMP R, BUMP L,

1-2 Cross R over L, Touch L out to left side,
3&4 L Coaster Step,
5&6 Kick R forward, Step R out to right side, Step L out to left side,
7-8 Bump R, Bump L,

BIG STEP RIGHT, DRAG L, ¼ SAILOR STEP, FUNKY WEAVE,

1-2 Take a big step to the right side, Drag L towards R,
3&4 ¼ Sailor turning left, [6:00]
5-6 Step R behind L as you pop L knee, Step L to left side as you pop R knee,
7-8 Cross R over L as you pop L knee, Step L to left side, (Option for counts 5-8 Do a regular weave),

*(RESTARTS happen here.)

¼ MONTEREY INTO SWITCHES, KICKBALL CHANGE, ½, ½,

1-2 Touch R out to right side, Keeping weight on L - Twist ¼ right as you step R next to L, [9:00]
3&4 Touch L out to left side, Replace L next to R, Touch R next to L,
5&6 Kick R forward, Step back on ball of R, Step forward on L (Prep),
7-8 Turn left making ½ turn [3:00], Turn left making ½ turn left, [9:00]

(Easy Option for counts 5&6 - Do a regular Kickball Change and for counts 7-8 Walk forward R-L,)

START OVER!

*RESTARTS - There are 2 restarts and the music changes there.
They happen after 24 counts on Wall 4 and Wall 9.

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