

Lenny's Funk

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ami Carter (UK) - February 2024
音樂: TK421 - Lenny Kravitz



Intro: 32 counts from main beat (after "Uh!")

Tag: End of Wall 2, facing 6.00

[1 – 8] DOROTHY STEP, HEEL, HOLD/BUMP, BALL-CROSS, SIDE, ½ SAILOR STEP/PREP

1 2& Step right foot to right diagonal, lock left behind right, step right to diagonal

3 4 Touch left heel to left diagonal (angle body to 10.30), hold

Styling: Instead of holding on count 4, you can bump hips left-right on counts &4

&5 6 Step left foot next to right, cross right foot over left, step left foot to left side (square to 12.00)

7&8 Step right foot behind left making ¼ turn right, step left next to right making ¼ turn right, step right foot forward whilst twisting upper body to right (6.00)

[9 – 16] ½ PIVOT, ½ BACK, L COASTER STEP, ROCKING CHAIR, STEP, ¼ HITCH

1 2 Make ½ turn left stepping forward on left foot, make ½ turn left stepping back on right foot (6.00)

3&4 Step left foot back, step right foot next to left, step left foot forward

5&6& Rock right foot forward, recover onto left, rock right foot back, recover onto left

7 8 Step right foot forward, make ¼ turn right hitching left knee and hip (9.00)

[17-24] L HIP BUMPS, VAUDEVILLE, BALL-CROSS, ½ UNWIND WITH HITCH

1&2 Step left to left side sitting into left hip, bump right hip up, recover sitting into left hip

&3&4 Step right foot next to left, cross left foot over right, step right foot to right side, touch left heel to left diagonal

&5&6 Step left foot next to right, cross right foot over left, step left foot to left side, touch right heel to right diagonal

&7 8 Step right next to left, cross left foot over right, make ½ turn right on ball of left foot whilst hitching right knee (3.00)

[25 – 32] R COASTER, L KICK-OUT-OUT, R HEEL-TOE TWIST, HEEL-TOE TWIST, HITCH BALL-CHANGE

1&2 Step right foot back, step left next to right, step right foot forward

3&4 Kick left forward, step left out to left side, step right out to right side (weight evenly on both feet)

5&6& Twist right heel to left, twist right toe to left, twist both heels to left, twist both toes to left

7&8 Hitch right knee, step right foot next to left, step left foot forward (3.00)

START AGAIN

TAG: (End of Wall 2 facing 6.00)

[1 – 8] DOROTHY STEP, HEEL, HOLD/BUMP, BALL-CROSS JAZZ BOX

1 2& Step right foot to right diagonal, lock left behind right, step right to diagonal

3 4 Touch left heel to left diagonal (angle body to 10.30), hold

Styling: Instead of holding on count 4, you can bump hips left-right on counts &4

&5 6 Step left foot next to right, cross right foot over left, step left foot back (square to 12.00)

7 8 Step right foot to right side, step left foot forward