

Kung Fu Fighting

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ir Torre (SG)
音樂: Kung Fu Fighting - Carl Douglas & Bus Stop



RIGHT STOMP FORWARD, HEELS-SWIVEL OUT & IN, LEFT STEP FORWARD HEELS-SWIVEL OUT & IN, TWIST QUARTER-TURN RIGHT, TWIST QUARTER-TURN LEFT WITH KICK, LEFT COASTER-STEP

- 1&2 Stomp forward on right, swivel on both heels out & in
3&4 Stomp forward on left, swivel on both heels out & in
5 Quarter-turn right as you swivel on both heels to left
Bend at knees, punch left arm straight-forward, right hand at waist: say hoo
6 Quarter-turn left as you swivel on heels to right and kick forward on left
7&8 Step back on left, close right to left, step forward on left

RIGHT STEP FORWARD, PIVOT HALF-TURN LEFT, RIGHT-SHUFFLE FORWARD, LEFT STOMP FORWARD, HOLD, RIGHT KICK-BALL-CHANGE

- 1-2 Step right forward, pivot half-turn left (weight on left)
3&4 Step forward on right, close left beside right, step forward on right
5 Stomp left forward (spread both arms widely out to sides at waist-level, face palms down: say hak)
6 Hold
7&8 Kick forward on right, close right beside left, step left in place

1-8 Repeat first 8 counts

RIGHT STEP FORWARD, PIVOT QUARTER-TURN LEFT, RIGHT-SHUFFLE FORWARD, LEFT STOMP FORWARD, HOLD, RIGHT KICK-BALL-CHANGE

- 1-2 Step right forward, pivot quarter-turn left (weight on left)
3&4 Step forward on right, close left beside right, step forward on right
5 Stomp left forward (spread both arms widely out to sides at waist-level, face palms down: say hak)
6 Hold
7&8 Kick forward on right, close right beside left, step left in place

RIGHT FORWARD ROCK, RECOVER, HALF-TURN RIGHT SHUFFLE, LEFT STEP FORWARD, RIGHT TOUCH, HEEL-JACK, STEP TOUCH

- 1-2 Rock forward on right, recover weight on left
3&4 Half-turn right shuffle forward: right, left, right
5-6 Step forward on left, touch right toe beside left
&7&8 Step back on right, touch left heel forward, step down on left, touch right toe beside left

HEEL-JACK, AND STEP, LEFT STEP FORWARD, PIVOT HALF-TURN RIGHT, STEP FORWARD, HEELS-SWITCH, CLICK HEELS IN-OUT-IN

- &1 Step back on right, touch left heel forward
&2 Step down on left, step forward on right
3&4 Step forward on left, pivot half-turn right, step forward on left
5& Touch right heel forward, close right to left
6& Touch left heel forward, close left to right (feet slightly apart)
7&8 Click heels together, split heels apart, click heels together

SIDE, BEHIND, HEEL-JACK & CROSS, UNWIND HALF-TURN LEFT, STEP OUT-OUT

- 1-2 Step right to right side, cross left behind right

- &3 Step right to right side (slightly back), touch left heel diagonally forward
- &4 Step left slightly back, cross step right over left
- 5-6 Unwind half-turn left, end weight on left
- 7-8 Step right to right side, step left to left side

Optional arm-styling:

- &4 Swing both arms simultaneously to right: clench right fist, spread out left palm in front of body
- 7 Look right and raise right fist up to face-level, hold
- 8 Look left and raise left fist up to face level)

STEP IN-IN, OUT-OUT, HIP-BUMPS LEFT-RIGHT-LEFT, RIGHT ROCK BEHIND, RECOVER, SIDE RIGHT, LEFT COASTER-STEP

- &1 Step right in to center, step left in beside right
- &2 Step right out to right side, step left out to left side
- 3&4 Bump hips: left, right, left
- 5&6 Cross rock right behind left, recover weight on left, long-step right to right side
- 7&8 Step back on left, close right beside left, step forward on left

Optional arm-styling:

- &1 Raise both arms above head, spread out palms facing front to criss-cross at wrists
- &2 Drop both arms diagonally down to sides and behind hips, palms still facing front, hold for 2 counts

REPEAT

TAG

On wall-five, after completing counts 1-32 with kick-ball-change (3:00), add 4 counts:

RIGHT SIDE LOW-LUNGE AND RETURN WEIGHT ONTO LEFT

- 1-2 Long-step right to right side to lean sideway bending right knee, popping right shoulder while straightening left leg
- 3-4 Straighten right leg while recovering weight to left, slide right to touch beside left

Optional arm-styling:

- 1-2 Arms by sides: raise both arms outwards in circular motion towards front of face criss-cross at wrists to pause at shoulder height
- 3-4 Return arms in opposite circular direction to sides

Continue dance from counts 33-64
