A Little Funk

拍數: 28

級數: Improver hustle

編舞者: Nancy Morgan (USA)

音樂: C'mon N' Ride It (The Train) - Quad City DJ's

STEP, TOGETHER, SLIDE, TOGETHER, STEP TOGETHER, SLIDE TOGETHER

- 1-2 Touch right to right side, touch right next to left (weight is on left)
- 3-4 Step right to right side, slide left to right
- 5-6 Touch left to left side, touch left next to right (weight in on right)
- 7-8 Step left to left side, slide right next to left

STEP TOGETHER, STEP TOGETHER, ROLL HIPS TWICE

- 1-2 Step right to right side, touch left next to right (weight is on right)
- 3-4 Step left to left side, touch right next to left (weight in on left)
- 5-6 Roll hips from right to left
- 7-8 Roll hips from right to left

HEEL AND HEEL AND TOE IN AND TOE IN AND HEEL AND HEEL AND TOE IN AND TOE IN

- 1&2& Put right heel forward, put right next to left as you put left heel forward, put left next to right as you
- 3&4& Put right toe in towards left instep, put right next to left as you put left toe in towards right instep, put left next to right as you
- 5&6& Put right heel forward, put right next to left as you put left heel forward, put left next to right as you
- 7&8& Put right toe in towards left instep, put right next to left as you put left toe in towards right instep, touch left next to right as you

TOUCH THREE (3) TIME IN ¼ TURN, STOMP

- 1-2-3 Touch right foot out to right side three (3) times as you turn 1/4 turn to your
- 4 Stomp right next to left

REPEAT





牆數:4