

# Frontin' On Me

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Cato Larsen (NOR)  
音樂: Frontin' On Me - Velvet Empire



## FUNKY SIDE KICK, STEP FORWARD, FORWARD BODY ROLL, REPEAT OTHER FOOT

- &1            Hitch right knee, kick right foot to right side, keep the kick high  
**For styling: lean upper body to left side as you kick**  
&2            Hitch right knee up, step down on right beside left  
3             Step forward on left and let the body come after as in a body roll from hips to head  
4             Step right next to left  
&5            Hitch left knee, kick left foot to left side, keep the kick high  
**For styling: lean upper body to right side as you kick**  
&6            Hitch left knee up, step down on left beside right  
7             Step forward on right and let the body come after as in a body roll from hips to head  
8             Step left next to right

## ROGER RABBITS, BACK ROCK, STEP, ¼ TURN POINT & CROSS, SIDE, CROSS

- 1             Kick right foot back with a straight leg as you slide slightly back on left  
&             Lift left heel (pop left knee out) and step right foot under left heel  
2             Kick left foot back with a straight leg as you slide slightly back on right  
&             Lift right heel (pop right knee out) and step left foot under right heel  
3             Kick right foot back with a straight leg as you slide slightly back on left  
&             Lift left heel (pop left knee out) and step right foot under left heel  
4&5          Step back on left, rock forward onto right, step forward on left  
6             Pivot ¼ turn left pointing right toe to right side  
&7            Hitch right knee up, step right across of left  
&8            Step left to left side, step right across of left,

## UNWIND ½ TURN, HOLD, BALL STEP, STEP FORWARD, MAMBO STEP, POINT, ¼ TURN WITH ARM RIPPLE

- 1-2            Unwind ½ turn left, hold  
**Your left toe will now point up in the air**  
&3-4          Step left next to right, step forward on right, step forward on left  
5&6          Press ball of right foot to floor forward, recover weight on left, step right slightly back  
7             Point left toe back  
8             Stretch your right forward and begin a "ripple" from the fingers, through the elbow and then shoulders as you at the same time are turning a ¼ turn left

## RIPPLE INTO A BODY ROLL DOWN & UP, STEP, LOCK & STEP, STEP, ¼ TURN

- 1-2            This "ripple" is now at your shoulders, let this ripple take you into a body roll from head to hips (1, 2)  
3-4            Body roll up again, (from hips to head)  
5-6&          Step forward on left, lock right behind left, step forward on left  
7-8            Step forward on right, pivot ¾ turn left, weight ends on left

## REPEAT

Ripple: a movement that illustrates a wave