

Funk It Up

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jordan Frisbee & Rob "I" Ingenthron (USA)
音樂: You Led Me On - Vanessa Amorosi



ROCK & VINE, BODY WAVE, KNEE BUMPS

- 1-2 Rock forward on left foot, rock back onto right foot
- 3&4 Vine to right: cross left foot behind right and weight, step to right on right foot, cross left foot over right (to right) and weight
- 5&6 Place right foot (on ball) to right side, body wave up starting at the knee, up to the right shoulder
- 7&8 Two knee bumps to right side - right knee to right, back in toward left knee, right knee to right

SYNCOPATED VINE, CAMEL WALKS

- 1 Transfer weight to left foot
- 2&3 Cross right foot behind left and weight, step left foot to left side, step right foot forward
- 4-5 Lock left foot behind right foot (popping right knee forward), step right foot forward (with straight leg)
- 6-7 Step left foot forward (with straight leg), lock right foot behind left foot (popping left knee forward)
- 8 Step left foot forward (with straight leg)

LOCK-KICK TO RONDÉ, SHOULDER BUMPS, DRAG BACK, & REPLACE

- 1-2 Simultaneously, lock the right foot behind the left, causing a rondé with the left foot
- 3&4 Finishing the rondé, start a ½ turn to the left: step left foot behind right foot, transfer weight to right foot (continuing the turn to the left), finish turn stepping forward on left foot
- 5&6 Step forward onto right foot while lifting right shoulder, lift left shoulder while dropping right shoulder, lift right shoulder while dropping left shoulder
- 7 Drag right foot back toward left foot
- &8 Step on the right foot next to left foot, step forward on the left foot (body centered over left foot)

SPIRAL TURN, AND LOCK (SHAG STYLE), UNWIND, FORWARD, BUTT, FORWARD - FORWARD

- 1-2 Spiral turn to right (on left foot)
- 3 Step forward onto right foot
- &4 (Shag-style move) step forward onto left foot, cross right foot behind left (turning left hip forward)
- 5 Unwind to right full turn (a full turn), ending with feet together
- 6 Push hips forward
- 7 Push butt back (rear-ward)
- &8 Small hop forward (both feet), small hop forward (both feet)

REPEAT
