

Funk Soul Sister

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Chris Williams (UK)
音樂: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim



- 1-2-3-4 Point right toe forward, step right in place, point left toe back, step left in place
5&6 Right lock step forward
&7&8 Hitch left pivoting ¼ turn right & point left toe to side, hitch left pivoting ¼ turn right & point left toe to side
- 1-2 Cross left over right, point right to right side
3& Touch right diagonally forward pushing hips forward then sway hips to left
4& Sway hip to right (bending knees slightly) & then to left
5& Sway hips to right & then to left
6& Sway hips to right (bending knees slightly) & then to left
7-8 Step right forward and slightly across left, step left forward and slightly across right
- 1-2-3-4 Rock forward on right, recover onto left beginning ½ turn right, step forward right then left, completing a ½ turn to right
&5&6 Step right to right side & step left behind right & step right to right side & step left over right
&7&8 Step right to right side & step left behind right & step right to right side & step left over right
- 1-2 Body roll to right or sway hips to right then back to center
3-4 Bump hips to left twice
5-6-7-8 Cross right over left, step back on left, step right to right side turning ¼ turn right, step left beside right
- 1-2 Step right to right side, slide left up to right, (keep weight on right)
&3 Step left in place & cross right over left
4 Hold for 1 count
&5 Jump feet apart left, right
6 Hold for 1 count
&7&8 Step left in place & cross right over left, touch left to left side & hook behind right
- 1-2 Step left to left side, slide right up to left, (keep weight on left)
&3 Step right in place & cross left over right
4 Hold for 1 count
&5 Jump feet apart right, left
6 Hold for 1 count
&7&8 Step right in place & cross left over right, touch right to right side & hook behind left

REPEAT
