

Funky Beat

拍數: 60 牆數: 4 級數: Intermediate
編舞者: John Reid (UK) & Nicola Marsh
音樂: Don't Stop Movin' - S Club 7



MONTEREY TURN SWITCHES CROSS SHUFFLE TOE SWITCHES ¼

1-2 Touch right toe to right side, unwind a half turn right, point left toe out, touch together
3-4 Touch right toe to right side, unwind a half turn right, point left toe out, touch together
5-6 Touch right toe out to right side, hold, switch, point left toe to left side
7-8 Cross left over right, step right to right side, cross left over right
9-10 Point right toe out to right side, switch, point left toe to left side, make ¼ left
11-12 Point right toe to right side, switch, point left toe to left side

2 SAILOR STEPS ¼ LEFT SHUFFLE ¾ CHUGS CROSS AND TOGETHER CROSS ROCK

13-14 Step left behind right, step right to right slightly, step left next to right
15-16 Step right behind left, step left slightly to left side, step right to right side making ¼ right
17-18 Step forward left, step right next to left, step forward left
19-20 Chug your right foot twice to make a ¾ left
21-22 Cross right over left, step right next to left, step left in place
23-24 Cross rock left over right, rock back on right

SYNCOPATE KICK SIDE BEHIND AND SLIDE KICK BALL CHANGE FULL TURN

25-26 Step left in place, step right over left, step left to left side
27-28 Rock back on your right, forward on your left
29-30 Step right to right side, step left foot behind
31-32 Big slide right
33-34 Kick left foot forward, step left in place, step right next to left
35-36 Step back left on ball of left foot, unwind a ½ left
37-38 Swivel heels ½ right, left, right, left

CROSS & TOGETHER CHUG TURN 2 WALK LEFT, RIGHT, LEFT, RIGHT

39-40 Cross left over right, step left in place, step right next to left
41-42 Chug full turn left on your right foot
43-44 Cross right over left, step right next to left, step left next to right
45-46 Chug 1 ½ turn right on your left foot
47-50 Walk with style left, right, left, right

½ ¼ PIVOTS SHUFFLE FULL TURN

51-52 Step forward left, pivot ½ turn right
53-54 Step forward left, pivot ¼ turn right
55-56 Step forward left, step right next to left, step forward left
57-60 Make a full turn left shuffling right left

REPEAT

Tag

At the beginning of wall 3&5 bump hips right, left, right