

Do The Kung Fu

拍數: 32 牆數: 2 級數:
編舞者: Bev Cornish (CAN)
音樂: Kung Fu Fighting - Carl Douglas & Bus Stop



HEEL TAPS, BALL CROSS, BALL CROSS

1 Touch right heel diagonally forward right
& Hitch right knee slightly
2 Touch right heel diagonally forward right
& Step right back
3 Step left over right
& Step side right
4 Step left over right

ROCK STEP, STEP RIGHT FORWARD, TWIST, TWIST

5 Rock side right -sway hips to right
6 Step left in place -sway hips back to center
7 Step right forward
& Twist both heels right
8 Twist both heels back to center

HEEL TAPS, BALL CROSS, BALL CROSS

9 Touch left heel diagonally forward left
& Hitch left knee slightly
10 Touch left heel diagonally forward left
& Step back on left
11 Step right over left
& Step side left
12 Step right over left

ROCK STEP, STEP LEFT FORWARD, TWIST, TWIST

13 Rock side left -sway hips to left
14 Step right in place-sway hips back to center
15 Step left forward
& Twist both heels left
16 Twist both heels back to center

STEP RIGHT FORWARD, KICK LEFT, LEFT-COASTER STEP

17 Step right forward
18 Kick left forward
19 Step left back
& Step right beside left
20 Step left forward

SYNCOPATED PIVOT ½ left, CHASSE FORWARD

You can do a regular ½ pivot left

21 Touch right toe slightly forward
& Lift left toe & pivot ½ left (keeping the weight on left heel)
22 Drop left toe
& Step right beside left heel
23 Step left forward

& Step right beside left heel
24 Step left forward

HEEL SWITCHES, BALL CROSS, HOLD

25 Touch right heel forward
& Step right beside left
26 Touch left heel forward
& Step left back
27 Step right over left
28 Hold / snap fingers-(hands should be out to the sides-shoulder height)

ROCK STEP, CROSS OVER SHUFFLE

29 Rock side left -sway hips to left
30 Step right in place-sway hips back to center
31 Step left over right
& Step side right
32 Step left over right

REPEAT

In order to phrase the dance to fit the music during a 4 count tag, add the following. You will have just finished doing counts 29-32 your left rock step and cross over shuffle. Just before the 4 count tag in the later part of the song you will hear them count "1, 2 do the kung fu". They will echo this part Then they sing "3, 4 on the dance floor". They will echo this part also . Then they will repeat this entire verse. This whole verse will take 32 counts. You will be now facing the back of the room. The tag begins with an & count and is rather fast!

& Cross your fists in front of your chest(right over left) and hitch right knee -
1 Leaning slightly to the left-kick right leg out to the side in a karate kick. At the same time you will do a karate chop with your right hand (fingers together & palm down) to the right side (arm & leg should be parallel)
& Bring your right leg back into a hitch, bring right arm back to center of body
2 Touch right foot beside left & bring arms back down by your sides
3 Hold
4 Hold

You do this part one time only, then begin the dance again.
