Ain't It Funny

拍數: 32

級數: Intermediate

編舞者: Debi Bodven (USA)

音樂: Ain't It Funny - Jennifer Lopez

HITCH, SIDE, SLIDE, BACK-CROSS, TURN, MAMBO BACK, MAMBO FRONT

- &1-2 Hitch right knee up, large step side right, drag left toward right
- &3-4 Step back on left, cross right over left, turn ¼ right while stepping back on left
- 5&6 Rock back on right, recover weight on left, step forward right
- 7&8 Rock forward left, recover weight on right, step back left

On count 1, flair both arms out to the sides while doing the large step side right

TOE BACK, ½ TURN, STEP-LOCK-STEP, HITCH ¼, HITCH ½, SAILOR STEP

- 1-2 Touch right toe behind, pivot ¹/₂ turn right on ball of left transferring weight onto right
- 3&4 Step forward left, slide right up behind left heel, step forward left
- &5 Hitch right knee up, pivot ¼ turn left on ball of left touching right toe to side
- &6 Hitch right knee up, pivot ¹/₂ turn left on ball of left touching right toe to side
- 7&8 Step right behind left, step side left, step in place right

CROSS-SIDE-CROSS, TOUCH, BACK, TOUCH, BACK, MAMBO STEP

- 1&2 Cross left over right, step side right, cross left over right
- 3-4 Touch right toe to side, step back right crossing behind left
- 5-6 Touch left toe to side, step back left crossing behind right
- 7&8 Rock back right, recover weight on left, step forward right

3/4 TURN, SWAY 3 TIMES, & FRONT & BEHIND & FRONT

- 1-2 Pivot ³/₄ turn right on ball of right sweeping left toe with turn, touch left toe next to right
- 3-4-5 Step side left while swaying left, right, left
- &6 Step side right, cross left in front
- &7 Step side right, cross left behind
- &8 Step side right, cross left in front

On count 2, both arms should be folded in front of you at chest level. On the 3 sways, the arms come up and out to the sides. Then while doing the weave the hands will cross in front on 6, flair out on 7, cross in front on 8, and flair out when you start the dance again.

REPEAT

TAG

When using Jennifer Lopez "Ain't It Funny" you will complete 7 rounds of the dance. There's an instrumental bridge on the 8th time through that's 16 beats long with a 4 beat pause. I use 4 side mambos starting with the right foot, and alternating Cuban hand movements. Next add 4 sambas turning ¼ turn to the left on each one, then sway right, left, right, left for the 4-count pause and start the dance over.





牆數:4