

La Funk

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Kate Sala (UK) - February 2008
音樂: Can't Speak French - Girls Aloud : (Album: Tangled Up)



Start after a 64 count intro from the first heavy beat. On vocals.

Step Forward, Pivot ½ Turn L. Step, Step Forward, Pivot ¼ Turn R, Step, ¾ Turn L on R, L.

1 2 3 Step forward on R. Pivot ½ turn L. Step forward on R.
4 5 6 Step forward on L. Pivot ¼ turn R. Step forward on L.
7 8 Turn ½ L stepping back on R. Turn ¼ L stepping L to L side. (Facing 12 o'clock).

Step Forward, Tap, Step Back, Kick, Ball Step L, Touch, Step R, Touch.

1 2 Step forward on R. Tap L toe in behind R heel.
3 4 Step back on L. Low kick R forward.
& 5 Step on ball of R next to L instep. Long Step L to L side bending the knees slightly.
6 Touch R next to L straightening the knees & swinging the arms L and clicking the fingers.
7 Long Step R to R side bending the knees slightly.
8 Touch L next to R straightening the knees & swinging the arms R & clicking the fingers.

Cross Step Behind, Side, Cross Shuffle, ½ Turn L On R, L, Cross Step, Side Step.

1 2 Cross step L behind R. Step R to R side.
3 & 4 Cross step L over R. Step R to R side. Cross step L over R.
5 6 Turn ¼ L stepping back on R. Turn ¼ L stepping L to L side.
7 8 Cross step R over L. Step L to L side. (Now facing 6 o'clock).

Knee Rolls R, L, Hip Roll, Ball Side Step, Drag, Step Forward, Pivot ½ Turn R, Step Forward.

1 2 Roll R knee out to R side. Roll L knee out to L side.
3 Continue the movement rolling the hips L and backwards transferring the weight R.
& 4 5 Step on the ball of L next to R. Step R to R side. Drag L in towards R.
6 7 8 Step forward on L. Pivot ½ turn R. Step forward on L.

Tap Ball Step Forward, Scuff Hitch Step Back, Heel Swivels, Kick Cross Back.

1 & 2 Tap R toe next to L instep. Step down on ball of R. Step forward on L.
3 & 4 Scuff R forward. Hitch R knee. Step back on R.
5 6 Swivel the heels L. Swivel the heels back to centre. (Weight back on R).
7 & 8 Low kick L forward. Cross step L over R. Step back on R.

Drag In, Ball Cross, L Chasse, Rock Back, ¾ Turn R On R, L.

1 & 2 Drag L in towards R. Step down on ball of L. Cross step R over L.
3 & 4 Step L to L side. Step R in next to L. Step L to L side,
5 6 Rock back on R. Recover on to L.
7 8 Turn ¼ R stepping forward on R. Turn ½ R stepping back on L. (Facing 9 o'clock)

Shuffle ½ Turn R, Step Forward, Tap, Step Back Kick, Ball Side Step R, Touch In.

1 & 2 Turn ¼ R stepping R to R side. Step L in next to R. Turn ¼ R stepping forward on R.
3 4 Step forward on L. Tap R toe behind L heel (Facing 3 o'clock).
5 6 Step back on R. Low kick L forward.
& 7 Step ball of L next to R. Long step R bending the knees slightly.
8 Tap L next to R straightening the knees & swinging the arms R and clicking the fingers.

Full Turn L, L Side Rock & Cross, Hold, Ball Cross, Side Touch R Ball Step Forward.

- 1 2 Full turn L travelling L on L, R. (Alternative, Step L to L side. Step R next to L).
3 & 4 Rock out on L to L side. Recover on to R. Cross step L over R.
5 & 6 Hold. Small step on the ball of R to R side. Cross step L over R.
7 & 8 Tap R toe out to R side. Step down on ball of R behind L heel. Step forward on L.

End of dance. Start again. ENJOY!
