Funky Sole - Contra

Count: 32 **Wall:** 1 **Level:** Beginner
Choreographer: Inge Vestergård (DK) & Lene Mainz Pedersen (DK) - April 2017
Music: Old Time Rock & Roll - Michael Bolton : (iTunes)

Make 2 circles - the inner circle facing the outer circle
#16 Count intro

S1: WALK FWD X3, CLAP HANDS, WALK BACK X3, POINT BACK & CLAP

1 – 4	Walk fwd R, L, R, make a small hitch fwd with L and clap hands with the one standing infront of you
5 – 8	Walk back L, R, L, Point R toe back while clap hands

S2: RUN A FULL CIRCLE CLOCKWISE AS YOU HOOK YOUR R ARM WITH THE ONE IN FRONT OF YOU

1 – 8	Cross R infront of L as you Hook your R arm with the one standing in front of you and run a full circle clockwise R,L,R,L,R,L,R,L (You will now be standing on the same place, as you started this sec.)

S3: TWIST R, TWIST L

1 – 2	Twist Heels R, Twist Toes R
3 & 4	Twist Heels R, Twist Toes R, Twist Heels R
5 – 6	Twist Heels L, Twist Toes L
7 & 8	Twist Heels L, Twist Toes L, Twist Heels L (weight on L)

S4: VINE R, STEP L TOGETHER, JUMP FWD & CLAP, JUMP BACK & CLAP

1 – 4	Step R to R side, cross L behind R, Step R to R side, Step L beside R (with a small distance between feet)
&5 – 6	Jump fwd R to R diagonal, Jump fwd L to L diagonal, HOLD & CLAP
&7 – 8	Jump back on R to center, Jump back on L to center, HOLD & CLAP (weight on L)

Start Again – be happy and SMILE ☐

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