Smoove Funk

拍数: 32

级数: Beginner

编舞者: David Ackerman (USA) - October 2018

音乐: Don't Go - Smoove & Turrell

Intro: 64 counts (You will hear a horn blast on count 56. Then there will be a drum solo/intro on count 61).

[1-8]: V Step, Walk RLR, L Scuff

- 1 2 Step R forward on diagonal, Step L on diagonal
- 3 4 Step R back, Step L next to R
- 5 6 Step R forward, Step L forward
- 7 8 Step R forward, Scuff L heel kicking L forward

[9-16]: ¼ Jazz Box, Side Taps LR

- 9 10 Cross L over R, Step R back
- 11 12 Make a ¼ turn left stepping L to left side (9:00), Step R next to L
- 13 14 Tap L to left side, Step L next to R
- 15 16 Tap R to right side, Step R next to L

[17-24]: Hips 2x L, Hips 2x R

- 17 18 Step L forward as you push your hips forward, Push your hips back R
- 19 20 Push hips forward L, Bring R under your body but don't give weight
- 21 22 Step R forward as you push your hips forward, Push your hips back L
- 23 24 Push hips forward R, Bring L under your body but don't give weight

Variations for counts 17-24:

-Hip Circles - Instead of just pushing hips forward and back you may make clockwise circles with the hips for L and counter-clockwise circles with the hips for R.

-C Bumps - This option is syncopated as 1&2&3&4,5&6&7&8 By pushing the hips forward and up on the odd counts, (&) recover weight back bringing hips back, and pushing the hips forward and down on the even counts. Counts 4 and 8 bring weight forward to start the next set.

[25-32]: Step, Kick, Step, Tap Back, Step, ½ Pivot, Together, Clap

- 25 26 Step L forward, Kick R forward
- 27 28 Step R back, Tap L back
- 29 30 Step L forward, Make a ¹/₂ turn right bringing weight to R (3:00)
- 31 32 Step L next to R, Clap your hands

Repeat and have fun!!!!

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墙数:4