

Lack of Afro

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Niels Poulsen (DK) - June 2021
音樂: Take It up a Notch (feat. Wax & Herbal T) - Lack of Afro : (Singel version)



Intro: 48 counts from beginning of track. App. 27 secs. into track. Start with weight on L foot
Tag: After wall 7, facing 9:00. See Tag description at the bottom of the step sheet
Ending: You naturally end facing 12:00 when doing your last chug turn

[1 - 8] R&L kick cross side rock, cross side, swivels heels-toes-heels

1&2& Kick R fwd (1), cross R slightly over L (&), rock L to L side (2), recover on R (&) 12:00
3&4& Kick L fwd (3), cross L slightly over R (&), rock R to R side (4), recover on L (&) 12:00
5 - 6 Cross R over L (5), step L to L side (6) 12:00
7&8 Swivel heels to L side (7), swivel toes to L side (&), swivel heels to L side (8) 12:00

[9 - 16] Swivel heels-toe-heels ¼ L with L hitch, L shuffle fwd, step ½ L, full turn L

1&2 Swivel heels to R side (1), swivel toes to R side (&), swivels heels R turning ¼ L hitching L knee (2) ... 9:00

Styling: lean backwards on count 2 (particularly during the chorus hitting 'UP' in the lyrics)

3&4 Step L fwd (3), step R behind L (&), step L fwd (4) 9:00
5 - 8 Step R fwd (5), turn ½ L stepping L fwd (6), turn ½ L stepping R back (7), turn ½ L stepping L fwd (8) 3:00

[17 - 24] R side rock cross, L side rock ¼ R, V step with L

1&2 Rock R to R side (1), recover on L (&), cross R over L (2) 3:00
3 - 4 Rock L to L side (3), turn ¼ R when recovering onto R (4) 6:00
5 - 8 Step L diagonally fwd L (5), step R diagonally fwd R (6), step L back to centre (7), step back on R (8) 6:00

[25 - 32] L coaster step, walk R L with ¼ L fwd, backwards chug steps turning full turn R

1&2 Step back on L (1), step R next to L (&), step fwd on L (2) 6:00
3 - 4 Walk R fwd turning 1/8 L (3), walk L fwd turning 1/8 L (4) 3:00
5&6& Press R to R side (5), recover on L (&), press R to R side (6), recover on L turning 1/3 R (&) 7:30
7&8& Press R to R side (7), recover on L turning 1/3 R (&), press R to R side (8), recover on L turning 1/3 R (&) ... 3:00

Styling for the 4 chug steps: add your energy into the press steps, not the recover steps. That makes the chug steps less jerky/syncopated to watch

Start Again and... get funky!

Tag : After wall 7 (which starts facing 6:00). The tag starts facing 9:00. When finishing wall 7 make sure to end up with body slightly opened up towards R diagonal ...

[1 - 8] Behind point X 4 travelling backwards (with bent knees)

1 - 4 Cross R behind L (1), point L to L side (2), cross L behind R (3), point R to R side (4) 9:00
5 - 8 Cross R behind L (5), point L to L side (6), cross L behind R (7), point R to R side (8) 9:00

[9 - 16] Walk RL, R kick out out, reverse chug ¾ R

1 - 2 Walk R fwd (1), walk L fwd (2) 9:00
3&4 Kick R fwd (3), step R small step out to R side (&), step L a small step out to L side (4) 9:00
&5&6 Turn ¼ R on L (&), press R to R side (5), recover on L turning ¼ R (&), press R to R side (6) 3:00
&7&8& Recover on L turning 1/8 R (&), press R to R side (7), recover on L turning 1/8 R (&), press R to R side (8), recover on L (&) 6:00

