

Funk It Up

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Count: 32

Wall: 2

Level: Beginner ish

Choreographer: Jørn Ingo Madsen /Norway-Jan 2015 WKL

Music: Slam Donk - Five

Music suggestion: This is a Fast One But find one you like: Let`s Groove Artist: Earth, Wind & Fire

[1-8] Section 1: Funky Walks Forward and Back, & syncopated jumps.

- 1-2** Step R Forward an Out to R side (1) Step L Forward an Out to Left side (2)
- 3-4** Step R Back To Center (3), Step L Back to center,
- &5&6** Step/jump R Forward (&) , Step/Jump L forward on (5), Step/jump R Back on (&) Step/Jump L Back (6)
- &7&8** Repeat &5&6.

[9-16] Section 2: Rolling Wine to Right, Rolling wine to The Left.

- 1-4** Turn $\frac{1}{4}$ To R step R forward 3 o`clock, Turn $\frac{1}{2}$ Turn on ball and Step Left Back 9 o`clock, Turn $\frac{1}{4}$ R Step R to Right side 12 O`CLOCK, touch L next to Right.
- 5-8** Turn $\frac{1}{4}$ To L step L forward 9 o`clock, Turn $\frac{1}{2}$ Turn on ball and Step R Back 3 o`clock, Turn $\frac{1}{4}$ L Step L to Right side 12 O`CLOCK, touch L next to Right.

Option (For absolute beginners: they can take a Vine to L, vine to R if Rolling is to tricky)

(IF You like to Funk it up, You can do the 3 first counts:

(&4&) Then You touch L next R (&), Touch L Out to side(4), Touch L next to R on &

(&8&) Repat it but now with R legs.

(&4,&8) Or clap hands x2 on & 4 and on & 8

[17-24] Section 3: Step slide, step slide, 2 x Rock and step

- 1-2** Step Right Diagonally Forward (1), Slide Left into Right (2)
- 3-4** Step Left Diagonlally Forward (3), Slide Right Into Left (4)

(The Option will start here on 5&6.....)

5&6(21)Rock R forward (5), Recover back to L (&) Step R forward (6).

7&8 Rock L forward (7), Recover to R (&), Step forward on L (8) .

(Show your breast, view yours tits)☐ On 5&6 7&8.)

[25-32] Section 4: 2 x Steps turns (Step ¼ turn), Cross Back Side X 2

1-2 Step R Forward, Turn ¼ to left change weight to L

3-4(28) Repat 1-2 (The option under will stops here)

5&6 Cross R over L (5), Step Back on L (&), Step R to R Side.

7&8 Cross L over R (7), Step Back On R (&), Step L to L Side.

THE END, START AGAIN , HAVE FUN, GO TOTALLY MAD ON THE DANCE FLOOR, KEEP SMILING.

(For easier steps: You do a jazzbox on 5-6-7-8. Cross R over L (5), Step back on L (6), Step R to R Side (7), Step L Forward (8))

(For They as Want to Funk It up, You do: Kick R diagonally L (5), cross R over L (&), Step L Back (6), Step R to R side(&), Kick L diagonally Forward (7) Cross L over R (&), Step R back (8), Step L to the L side.)

Option : Only for the intermediate dancers, Of Course you are... This is a variation.

[21-28] Running Man, Scuff Turns, Looking's prep, Spinn turns ¾ turns

&5,&6, Hitch R (&) Drop Down With R while L presses Back (5)

& 7 Hitch L (&) Drop Down with L while R presses Back (6), Hitch R (&) Drop Down With R while L presses Back (7)

& 8 Scuff L Forward (&), Turn ¼ to R while Step L to Side. 3 O`CLOCK

1 & 2 Look for Cars to Right (1) 6 o`clock, Look Forward to see the crashes (&)☐ 3 o`clock, Angel your body (not yours feet) to the R and make a big prep. You look at 6 o`clock

3-4 Over 2 Counts you spin ¾. Ready to come into the dance again. Cross, back, Side - Cross, Back, side.

Only For The Advance and superstars:

3-4 On Count 3-4 You get more Power from the Prep and You can make a Full and a 3/4 Spinning turns.

of course you can.

This dance was made to Our Open Day in Lillyhammer for the beginners but you can funk it up if you like, and I have her give a little examples , and the dance was well received and also in workshops at Tromsø, and I hope you will like it too. Now, it's your time to funk it up, do everything that's are Funky stuff. Keep on smile and keep on Mooove your feet....Good Luck: Jørn Ingo Madsen/Western Kickers Linedancers/Norway/Lillehammer

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