

# FSS (FUNK, SPIRIT & SPUNK)

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Forty Arroyo

**Music:** You Got The Power by War

**Dedicated to my Spirited students at Good Samaritan Hospital. Thank you all for contributing to the success of the DANCING FOR A CAUSE PROGRAM, 1995 to present**

## **GIANT STEP RIGHT, TOUCH LEFT NEXT TO RIGHT, KNEE POPS 2X**

- 1** Giant step to right with bended knees bringing arm straight out to side with bended elbow and closed fist
- 2** Drag and touch left next to right straighten knees and bring fists together at chest level
- &3** Pop both knees, straighten knees (fists still closed & at chest level for &3) (optional)
- &4** Pop both knees, straighten knees (fists still closed & at chest level for &3) (optional)

## **STEP LEFT WITH KNEES OUT, TOUCH RIGHT NEXT TO LEFT WITH KNEES IN, ½ LEFT STEP RIGHT WITH KNEES OUT, TOUCH LEFT NEXT TO RIGHT WITH KNEES IN (PLACE HANDS ON KNEES THROUGHOUT THE FOUR COUNTS)**

- 1-2** Step left to left turning knees out, touch right next to left turning knees in (folding right knee over left)
- 3-4** Step right turning a ½ left turning knees out, touch left next to right turning knees in (folding left knee over right)

## **HEEL SWITCHES LEFT & RIGHT, OUT, OUT, IN, TOUCH - REPEAT**

- 1&2** Tap left forward, step left in place, tap right forward
- &3&4** Step right to right, step left to left, step right home (in), touch left next to right (out, out, in, touch)
- 5&6** Repeat steps 1&2
- &7&8** Repeat steps &3&4

## **ROCK LEFT, TOUCH, STEP ¼ LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT, ¼ LEFT, STEP, TOUCH, SHIFT LEFT, STEP, TOUCH**

- 1&2** Rock left, recover weight on right as you touch left next to right, step forward left turning ¼ left

- 3&4** Touch right forward - diagonally to right twisting upper body to right, step right in place, touch left forward - diagonally to left twisting upper body to left
- &5-6** Step left in place, touch right forward, turn  $\frac{1}{4}$  left on left (now at 12:00 with right toe out to side & weight on left)
- &7** Step right next to left, touch left to left as you lean body to right bending right knee and lifting right shoulder
- 8** Lean and shift weight to left bending left knee and lifting left shoulder

**STEP, TOUCH, SHIFT WEIGHT WITH  $\frac{1}{4}$  LEFT, RIGHT HEEL SWITCH, LEFT HEEL SWITCH WITH  $\frac{1}{2}$  LEFT, ROCK & STEP, ROCK & STEP**

- &1** Step right next to left, touch left to left as you lean body to right bending right knee and lifting right shoulder
- 2** Shift weight unto left turning  $\frac{1}{4}$  left
- 3&4** Tap right heel forward, step right in place, tap left heel forward turning  $\frac{1}{2}$  left
- &5&6** Step left next to right, cross rock right over left, recover weight on left, step right to right
- 7&8** Cross rock left over right, recover weight on right, step left to left

**REPEAT**