

# Funky Sole - Contra

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**Count:** 32

**Wall:** 1

**Level:** Beginner

**Choreographer:** Inge Vestergård (DK) & Lene Mainz Pedersen (DK) - April 2017

**Music:** Old Time Rock & Roll - Michael Bolton : (iTunes)

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**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 in front 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 in front 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 ☐**

**Contact:** [ingevestergaard56@gmail.com](mailto:ingevestergaard56@gmail.com) or [lene.m@privat.dk](mailto:lene.m@privat.dk)

[www.happylinedanceherning.dk](http://www.happylinedanceherning.dk)