

# Funk It Out!

**Count:** 32

**Wall:** 4

**Level:** Beginner - Funky Rhythm

**Choreographer:** Niels Poulsen (Denmark) May 2017

**Music:** Let it out (PREFERRED track!) by Charlie Wilson & Snoop Dog. Buy on Amazon, iTunes, etc

## Music Options:-

**I Don't Need It** by Jamie Foxx feat. Timbaland. Buy on Amazon, iTunes, etc

**Undress rehearsal** by Timeflies. Buy on Amazon, iTunes, etc

**Kiss the sky** by Jason Derulo. Buy on Amazon, iTunes, etc

**Dynamite** by Nause. Buy on Amazon, iTunes, etc

**Intro:** From the main beat there is a 16 count intro (16 secs. into music) using any of all the above-mentioned tracks.

**Start with weight on L foot**

**NOTE: NO TAGS – NO RESTARTS!!!**

**Extra note** The intention of this dance has been to create a beginner floor-split to many of the intermediate and higher level funky dances out currently, like: 'Don't need it' by myself. 'Let it out' by Rachael McEnaney White. 'Main attraction' by Joey, Jannie and Kirsten. 'Kiss the sky' by Neville and Julie. 'Dy na mite' by Dee Musk. Etc. etc.

## [1 – 8] R cross point, side point, cross point, side step, Repeat with L

|       |   |       |
|-------|---|-------|
| 1 – 2 | Cross point R over L (1), point R to R side (2) | 12:00 |
| 3 – 4 | Cross point R over L (3), step R to R side (4)  | 12:00 |
| 5 – 6 | Cross point L over R (5), point L to L side (6) | 12:00 |
| 7 – 8 | Cross point L over R (7), step L to L side (8)  | 12:00 |

## [9 – 16] Cross back, R chasse, cross back, L chassé ¼ L fwd

|       |  |       |
|-------|--|-------|
| 1 – 2 | Cross R over L (1), step back on L (2)                                     | 12:00 |
| 3&4   | Step R to R side (3), step L next to R (&), step R to R side (4)           | 12:00 |
| 5 – 6 | Cross L over R (5), step back on R (6)                                     | 12:00 |
| 7&8   | Step L to L side (7), step R next to L (&), turn ¼ L stepping fwd on L (8) | 9:00  |

## [17 – 24] R rock fwd, pony steps back R & L, R rock back

|       |  |      |
|-------|--|------|
| 1 – 2 | Rock fwd on R (1), recover back on L (2)   | 9:00 |
| 3&4   | Step back on R popping L knee fwd (3), recover onto L again (&), step back on R popping L knee fwd (4) | 9:00 |
| 5&6   | Step back on L popping R knee fwd (5), recover onto R again (&), step back on L popping R knee fwd (6) | 9:00 |
| 7 – 8 | Rock back on R (7), recover fwd to L (8)   | 9:00 |

## [25 – 32] Point R to R diagonal, step together, Repeat with L, R & L kick ball point

|       |  |      |
|-------|--|------|
| 1 – 2 | Turn body to L diagonal pointing R to R diagonal (1), return body back to neutral stepping R next to L (2) | 9:00 |
| 3 – 4 | Turn body to R diagonal pointing L to L diagonal (3), return body back to neutral stepping L next to R (4) | 9:00 |
| 5&6   | Kick R fwd (5), step down on R (&), point L to L side (6)  | 9:00 |
| 7&8   | Kick L fwd (7), step down on L (&), point R to R side (8)  | 9:00 |

**START AGAIN and... ENJOY!**