



Frontin' On Me

Choreographed by **Cato Larsen** (25. August 2004)

www.western-entertainment.no

email: cato@western-entertainment.no

Mob: 905 60 948



Description: 32 Count, 4 Wall Line Dance. No Tag's, No Restarts!

Level: Intermediate

Music: Frontin' On Me – Velvet Empire.

CD: Velvet Empire – Velvet Empire (2002).

Alt. This Love – Maroon 5

Intro: Start after 24 beats (ca 15 seconds).

Motion: Funk

BPM: 103

- 1 – 8 Funky Side Kick, Step forward, Forward Bodyroll, Repeat other foot.**
- &1 Hitch right knee (&), Kick right foot to right side (1). Keep the Kick high!
For styling: Lean upper body to left side as you kick.
- &2 Hitch right knee up (&), Step down on right beside left (2).
- 3 Step forward on left and let the body come after as in a Bodyroll from hips to head (3).
- 4 Step right next to left.
- &5 Hitch left knee (&), Kick left foot to left side (5). Keep the Kick high!
For styling: Lean upper body to right side as you kick.
- &6 Hitch left knee up (&), Step down on left beside right (6).
- 7 Step forward on right and let the body come after as in a Bodyroll from hips to head (7).
- 8 Step left next to right (8).
-
- 9 – 16 Roger Rabbit's, Back Rock, Step, 1/4 turn Point & Cross, Side, Cross.**
- 1 Kick right foot back with a straight leg as you slide slightly back on left (1).
- & Lift left heel (Pop left knee out) and Step right foot under left heel (&).
- 2 Kick left foot back with a straight leg as you slide slightly back on right (2).
- & Lift right heel (Pop right knee out) and Step left foot under right heel (&).
- 3 Kick right foot back with a straight leg as you slide slightly back on left (3).
- & Lift left heel (Pop left knee out) and Step right foot under left heel (&).
- 4&5 Step back on left (4), Rock forward onto right (&), Step forward on left (5).
- 6 Pivot 1/4 turn left Pointing right toe to right side (6).
- &7 Hitch right knee up (&), Step right across of left (7).
- &8 Step left to left side (&), Step right across of left (8).
-
- 17 – 24 Unwind 1/2 turn, Hold, Ball Step, Step forward, Mambo Step, Point, 1/4 turn with arm ripple.**
- 1,2 Unwind 1/2 turn left (1), Hold (2).
- Note: *Your left toe will now point up in the air.*
- &3,4 Step left next to right (&), Step forward on right (3), Step forward on left (4).
- 5&6 Press ball of right foot to floor forward (5), Recover weight on left (&), Step r. slightly back (6).
- 7 Point left toe back (7).
- 8 Stretch your right forward and begin a "Ripple" from the fingers, through the elbow and then shoulders as you at the same time are turning a 1/4 turn left (8).
-
- 25 – 32 Ripple into a Body Roll down & up, Step, Lock & Step, Step, 3/4 turn.**
- 1,2 This "Ripple is now at your shoulders, let this ripple take you into a bodyroll from head (1,2).
- 3,4 Body Roll up again. (From hips to head) (3,4).
- 5,6& Step forward on left (5), Lock right behind left (6), Step forward on left (&).
- 7,8 Step forward on right (7), Pivot 3/4 turn left (8). Weight ends on left.

START AGAIN ~ SMILE