

# La Funk

Choreographed by Kate Sala.

**4 Wall Line Dance: - 64 counts. Higher Intermediate.**

**Music: - 'Can't Speak French' by Girls Aloud from the album 'Tangled Up'. BPM 142**

**Start after a 64 count intro from the first heavy beat. On vocals.**

## **Step Forward, Pivot ½ Turn L, Step, Step Forward, Pivot ¼ Turn R, Step, ¾ Turn L on R, L.**

- 1 2 3 Step forward on R. Pivot ½ turn L. Step forward on R.
- 4 5 6 Step forward on L. Pivot ¼ turn R. Step forward on L.
- 7 8 Turn ½ L stepping back on R. Turn ¼ L stepping L to L side. (Facing 12 0'clock).

## **Step Forward, Tap, Step Back, Kick, Ball Step L, Touch, Step R, Touch.**

- 1 2 Step forward on R. Tap L toe in behind R heel.
- 3 4 Step back on L. Low kick R forward.
- & 5 Step on ball of R next to L instep. Long Step L to L side bending the knees slightly.
- 6 Touch R next to L straightening the knees & swinging the arms L and clicking the fingers.
- 7 Long Step R to R side bending the knees slightly.
- 8 Touch L next to R straightening the knees & swinging the arms R & clicking the fingers.

## **Cross Step Behind, Side, Cross Shuffle, ½ Turn L On R, L, Cross Step, Side Step.**

- 1 2 Cross step L behind R. Step R to R side.
- 3 & 4 Cross step L over R. Step R to R side. Cross step L over R.
- 5 6 Turn ¼ L stepping back on R. Turn ¼ L stepping L to L side.
- 7 8 Cross step R over L. Step L to L side. (Now facing 6 0'clock).

## **Knee Rolls R, L, Hip Roll, Ball Side Step, Drag, Step Forward, Pivot ½ Turn R, Step Forward.**

- 1 2 Roll R knee out to R side. Roll L knee out to L side.
- 3 Continue the movement rolling the hips L and backwards transferring the weight R.
- & 4 5 Step on the ball of L next to R. Step R to R side. Drag L in towards R.
- 6 7 8 Step forward on L. Pivot ½ turn R. Step forward on L.

## **Tap Ball Step Forward, Scuff Hitch Step Back, Heel Swivels, Kick Cross Back.**

- 1 & 2 Tap R toe next to L instep. Step down on ball of R. Step forward on L.
- 3 & 4 Scuff R forward. Hitch R knee. Step back on R.
- 5 6 Swivel the heels L. Swivel the heels back to centre. (Weight back on R).
- 7 & 8 Low kick L forward. Cross step L over R. Step back on R.

## **Drag In, Ball Cross, L Chasse, Rock Back, ¾ Turn R On R, L.**

- 1 & 2 Drag L in towards R. Step down on ball of L. Cross step R over L.
- 3 & 4 Step L to L side. Step R in next to L. Step L to L side,
- 5 6 Rock back on R. Recover on to L.
- 7 8 Turn ¼ R stepping forward on R. Turn ½ R stepping back on L. (Facing 9 o'clock)

## **Shuffle ½ Turn R, Step Forward, Tap, Step Back Kick, Ball Side Step R, Touch In.**

- 1 & 2 Turn ¼ R stepping R to R side. Step L in next to R. Turn ¼ R stepping forward on R.
- 3 4 Step forward on L. Tap R toe behind L heel (Facing 3 0'clock).
- 5 6 Step back on R. Low kick L forward.
- & 7 Step ball of L next to R. Long step R bending the knees slightly.
- 8 Tap L next to R straightening the knees & swinging the arms R and clicking the fingers.

## **Full Turn L, L Side Rock & Cross, Hold, Ball Cross, Side Touch R Ball Step Forward.**

- 1 2 Full turn L travelling L on L, R. (Alternative, Step L to L side. Step R next to L).
- 3 & 4 Rock out on L to L side. Recover on to R. Cross step L over R.
- 5 & 6 Hold. Small step on the ball of R to R side. Cross step L over R.
- 7 & 8 Tap R toe out to R side. Step down on ball of R behind L heel. Step forward on L.

**End of dance. Start again. ENJOY!**