

Frontin' On Me

Web site: www.linedancermagazine.com

32 count, 4 wall, intermediate level Choreographer: Cato Larsen (Norway) August 2004 Choreographed to: Frontin' On Me by Velvet Empire from Velvet Empire album. (Canadian Popstars) (103 bpm)

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Intro/Count In:24

- 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.
- 42 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 right slightly back (6).
- 7 Point left toe back (7).
- 8 Stretch your right forward and begin a "Ripple" from the fingers, through the albow 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 to hips (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.

Ripple: A movement that illustrates a wave.

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