

Funky Cold Medina

32 Count, 2 Wall, Beginner Choreographer: Laura Rittenhouse (AU) Nov 2019 Choreographed to: Funky Cold Medina by Tone Loc. Album: Loc-ed After Dark

Start after 36 beats with the lyrics

S1: 1,2,3,4	RAMBLE RIGHT, CROSS ROCK Swivel heels R, Swivel toes R, Swivel heels R, Swivel toes R (hold arms with bent elbows and palms facing front swinging R,L,R,L as you ramble)
5,6,7,8	Cross rock L over R, Recover on R, Step L beside R, Hold (weight on both feet)
S2:	RAMBLE LEFT, CROSS ROCK
1,2,3,4	Swivel heels L, Swivel toes L, Swivel heels L, Swivel toes L (hold arms with bent elbows and palms facing front swinging L,R,L,R as you ramble)
5,6,7,8	Cross rock R over L, Recover on L, Step R beside L, Hold
S3: 1&2, 3&4 5,6,7,8	Zigzag SHUFFLE Forward, ROCK TURN & WALK Shuffle fwd to R diagonal R,L,R (1:30), Shuffle fwd to L diagonal L,R,L (10:30) Rock forward on R (12:00), Recover on L, Turn ½ R stepping R fwd (6:00), Step L fwd
S4:	Weave Left, Step R & Drag (hold arms to the sides through this section)
1,2,3,4	Cross R over L (while bending knees), Step L beside R (while straightening knees), Cross R behind L (bending knees), Step L beside R (straightening knees)
5,6,7,8	Big step R (1,2), Drag L foot to stand beside R with weight evenly on both feet (3,4)

Be expressive while dancing this one using your arms & hips during the ramble to emphasise twisting, rock your arms during the shuffle & hold your arms out during the weave, step & drag. It's a slow dance so there's opportunity to use more energy with your arms and torso if you're so inclined.

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