Mwaki

Compte: 32	**Mur:** 4	**Niveau:** Beginner

Chorégraphe: Silvia Schill (DE) - October 2024

Musique: Mwaki (feat. Sofiya Nzau) - ZERB

The dance begins after 16 counts with the start of the singing

Out r, out l, in r, in l, 2x

1-2	Place R foot to R, place L foot to L, bending your knees slightly (support your arms on your thighs and bend your upper body forwards slightly)
3-4	Place R foot back again, place LF back again
5-6	Place R foot to R, place L foot to L, bending your knees slightly (support your arms on your thighs and bend your upper body forwards slightly bend)
7-8	Put R foot back again, put LF back again

Restart: In the 3rd round at 6 o'clock stop here and start at the front

Rock step r, rock step l, swivel , back l/r (with swivels), coaster step l

1-2&	Put R foot forward, lift L foot slightly, pull R foot towards LF
3&4	Put L foot forward, turn both heels to L and back again (weight on RF at the end)
5-6 2	steps back, turning the toes from the inside out L/R
7&8	Step backwards with LF, put RF near RF and small step forwards with LF

Rock step r, shuffle ½ turn r, step ¼ turn 2x r

1-2	Step RF forward, lift LF slightly, put weight back on LF
3&4	Step RF with a ¼ turn to R, step LF next to RF, step RF forward with a ¼ turn around R (6 o'clock)
5-6	Touch L toes to L and ¼ turn to R, weight remains on standing leg R
7-8	Touch L toes to L and ¼ turn to R, weight remains on standing leg R (12 o'clock)

Syncopated Jazz Box ¼ turn l, point, cross, back, side, close

1-2&	Cross LF in front of RF, step RF back, step LF with a ¼ turn around L and to L
3-4	Cross RF in front of LF and L toes to L touch up
5-6	Cross LF in front of RF, take a small step back with RF
7-8	Put LF behind L and take a small jump towards RF at LF (shouting "HUUUUCH" in a deep voice) (9 o'clock)