

Katchi with a K

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Lavina Motamedi (CAN) - December 2017
音乐: Katchi by Ofenbach vs Nick Waterhouse (2.31min. – 126 BPM)



This dance was choreographed with the intention of creating a party atmosphere.
NO TAGS. NO RESTARTS.

Intro: 32 counts. - Weight on L.

S1: Grapevine with 2 Claps, Syncopated Taps (Touch-Together 3X + Touch)

- 1-2-3 & 4 Step R to right side (1). Step L behind R (2). Step R to right side (3). Clap once (&). Touch L toe next to R as you clap once (4).
5 & 6 & Touch L toe slightly fwd (5). Step L next to R (&). Touch R toe slightly fwd (6). Step R next to L (&).
7 & 8 Touch L toe slightly fwd (7). Step L next to R (&). Touch R toe slightly fwd (weight on the L) (8).

Friendly Option for the syncopated taps: marching in place 3 X + 1 tap

- 5-8 Step L in place (5). Step R in place (6). Step L in place (7). Touch R next to L (8).

S2: Step Turn ¼ L, R Fwd Triple, Fwd Toe Struts X 2.

- 1-2 Step R fwd. Pivot 1/4 turn left taking weight on to L.
3 & 4 Step R fwd. Step L next to R. Step R fwd.
5-6 Touch L toe fwd. Drop L heel.
7-8 Step R toe fwd. Drop R heel.

S3: Side Rock, Recover, Cross Triple X 2.

- 1-2 Rock L to left side. Recover onto R.
3 & 4 Cross step L over R. Step R to right side. Cross step L over R.
5-6 Rock R to right side. Recover onto L.
7 & 8 Cross step R over L. Step L to left side. Cross step R over L.

S4: Hip Bumps Single-Single-Double, Circular Arms, Sunshine Arms.

- 1-2-3-4 Step L to left side as you bump hips once towards the left (1). Bump hips once towards the right (2). Bump hips twice towards the left (finish with weight on L) (3-4)
5-6 Bend legs as you make fists with the hands, rolling forearms in front of you.
7-8 Straighten legs as you open the hands wide, lifting arms up and out to the sides (Sunshine arms).

Friendly Option: During counts 5-8, you can move the arms and avoid bending the legs.

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Last Update – 23rd March 208