

Ndi Hamba Nawe (Go With You)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Antoinette Seiler (UK) - July 2021
音乐: Ndihamba Nawe - Mafikizolo : (Album: Sibongile)



Intro: 32 counts (approx. 15 secs) - Start on vocals (no tags or restarts)

S1: R Toe Strut, L Toe Strut, R Rocking Chair

1,2 Touch ball of R foot forward, drop R heel down transferring weight on to R
3,4 Touch ball of L foot forward, drop L heel down transferring weight on to L
5,6 Rock forward on R, recover weight on L
7,8 Rock back on R, recover weight on L

S2: R Lock Step, Hold, Step L, Pivot ½ R, Hold

1,2,3,4 Step forward on R, lock L behind R, step forward on R, hold
5,6 Step forward on L, make ½ turn R over R shoulder (weight forward on R)
7,8 Step forward on L, hold 6:00

S3: K Step with Brush (and optional claps)

1,2 Step R diagonally forward R, touch L next to R (and clap)
3,4 Step L diagonally back L, touch R next to L (and clap)
5,6 Step R diagonally back R, touch L next to R (and clap)
7,8 Step L diagonally forward L, brush R across L (and clap)

S4: R Jazz Box, Hold, L Jazz Box ¼ L, Hold

1,2,3,4 Cross step R over L, step back on L, step R to R side, hold
5,6,7,8 Cross step L over R, step back on R, make ¼ turn L stepping L to L side, hold 3:00

Start Over

This dance is dedicated to all the communities that stood together, helping each other, after the terrible riots in KZN.

With heartfelt thanks to Ileen and the lovely Isolinedance ladies of Pennington, Durban, South Africa.

African people dance with verve and gusto; please feel free to express yourself.

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