

Pokarekare Ana

拍数: 32 墙数: 4 级数: Improver
编舞者: Judith Campbell (NZ)
音乐: Pokarekare Ana - Marie Haslemore



CROSS ROCK - RECOVER - SIDE ROCK - RECOVER

- 1 Cross right forward (45 degrees left), (leaving left ball of foot on floor raising heel off floor)
- 2 Recover back onto left (lowering left heel to floor)
- 3 Step/rock right to right side (leaving left ball of foot on floor raising heel off floor)
- 4 Recover back onto left (lowering left heel)

CROSS ROCK - RECOVER - SIDE SHUFFLE TO RIGHT

- 5-6 Cross right (45 degrees left) over in front of left, recover back onto left
- 7&8 Shuffle to right side on right foot, (right-left-right)

CROSS ROCK - RECOVER - SIDE ROCK - RECOVER

- 1-2 Cross left (45 degrees right) over in front of right, recover back onto right
- 3-4 Step/rock left to left side, recover onto right

CROSS ROCK - RECOVER - SIDE SHUFFLE TO RIGHT

- 5-6 Cross left (45 degrees right) over in front of right, recover back onto right
- 7&8 Shuffle to left side on left foot, (left-right-left)

All the cross rocks and side rocks are done as described in the first 4 counts, this helps to keep the steps flowing rather than jerky movements - use plenty of hips

STEP LOCK STEP - STEP LOCK STEP - STEP ½ PIVOT - SAILOR

- 1-2& Step forward on right, lock left behind right, step right next to left (&)
- 3-4& Step forward on left, lock right behind left, step left next to right (&)
- 5-6 Step forward on right. ½ pivot to left, (weight over left foot)
- 7&8 Step right behind left, step left to left, step right in place (sailor)

DOUBLE KICK - STEP TOUCH - TOUCH PIVOT - TOUCH PIVOT

- 1-2 Kick left foot twice across the front of right foot
- &3-4 Step left next to right (&), touch/tap right to right side, hold
- &5-6 Touch right foot to side of left leg (&), step forward (45 degrees right) on right, pivot 1/8 to left
- &7-8 Touch right foot to side of left calf (&), step forward (45 degrees right) on right, pivot 1/8 to left

Swing hips on the pivots

REPEAT
