

# Zulu

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Nkalakatha - Mandoza



## ROCK, RECOVER, BRUSH ACROSS, CROSS-SHUFFLE, SIDE ROCK, TOGETHER, RIGHT AND LEFT

- 1&2      Side rock right, recover onto left, brush right across front of left  
3&4      Cross step right over left, step left to left side, cross step right over left  
5&6      Step left to left side, recover onto right, step left beside right  
7&8      Step right to right side, recover onto left, step right beside left

## HIP PUSH SHUFFLE LEFT DIAGONAL WITH ARM PUSH, HIP PUSH SHUFFLE RIGHT DIAGONAL WITH ARM PUSH, HIP WALKS LEFT RIGHT LEFT RIGHT WITH ARMS EXTENDED FORWARD

- 1&2      Push left hip forward as you do a very small shuffle forward on left diagonal (resembles a samba step)  
**At the same time extend arms forward to left diagonal with palms forward, fingers up towards ceiling with pushing motion**  
3&4      Repeat 1&2 on right side  
5-6      Step forward left, pushing hip to left diagonal, step forward right pushing hip to right diagonal  
**Push arms as above to left, then right**  
7-8      Repeat 5-6

## STEP FORWARD LEFT, ½ TURN RIGHT, WALK FORWARD LEFT & RIGHT, LEFT KICK-BALL TOUCH, KNEE POP ACROSS TWICE

- 1-2      Step forward left, ½ turn right, weight on right  
3-4      Step forward left, step forward right  
5&6      Kick left forward, step ball of left foot beside right, touch right toe beside left foot and pop right knee across front of left knee  
7-8      Replace right beside left and pop left knee across front of right knee, replace left beside right and pop right knee across front of left knee

**Use twisting action from hips when doing knee pops**

## SIDE STEP RIGHT, PUMP, TOGETHER, PUMP, SIDE STEP RIGHT, PUMP, TOGETHER, PUMP

- 1&2      With knees bent side step right to right side, (with fingers pointing down, cross right arm over left arm (use pumping action for arms and legs))  
3&4      Straighten legs but with knees soft, step left beside right (extending arms to each side with fingers pointing down (pumping action))  
5&6      With knees bent side step right to right side, (extending arms to right side with fingers pointing down (pumping action))  
7&8      Straighten legs but with knees soft, step left beside right (extending arms to left side with fingers pointing down (pumping action))

**Arms should be between waist and hip height throughout this section**

## STEP FORWARD RIGHT, ¼ TURN LEFT, WALK FORWARD RIGHT AND LEFT, KICK-BALL TOUCH, KNEE POP ACROSS TWICE

- 1-2      Step forward right, ¼ turn left (weight on left)  
3-4      Step forward right, step forward left  
5&6      Kick right forward, step ball of right foot beside left, touch left toe beside right foot and pop left knee across front of right knee  
7-8      Replace left beside right and pop right knee across front of left knee, replace right beside left and pop left knee across front of right knee

**Use twisting action from hips when doing knee pops**

**LEFT SAILOR STEP, RIGHT TURNING COASTER STEP, SIDE ROCK, RECOVER, STEP ACROSS AND FORWARD, LEFT AND RIGHT**

- 1&2 Step left behind right, step right to right side, step left to left side  
3&4 Turning  $\frac{1}{4}$  turn to right step back right, step left beside right, step forward right  
5&6 Step left to left side, recover onto right, step left forward and across right  
7&8 Repeat 5&6 on right side

**LEFT BRUSH-SCOOT STEP, STEP FORWARD RIGHT,  $\frac{1}{2}$  TURN LEFT, STEP FORWARD RIGHT, LEFT FORWARD ROCK, RECOVER, LEFT SIDE ROCK, LEFT RECOVER, COASTER STEP**

- 1&2 Brush left forward hitching knee up, small hop forward on right (scoot), step left forward  
3&4 Step forward right,  $\frac{1}{2}$  turn left, step forward right  
5&6& Left rock forward, recover onto right, left side rock, recover onto right  
7&8 Step left back, step right beside left, step left forward

**RIGHT BRUSH-SCOOT STEP, STEP FORWARD LEFT,  $\frac{1}{2}$  TURN RIGHT, STEP FORWARD LEFT,  $\frac{1}{4}$  TURN RIGHT, LEFT SAILOR STEP**

- 1&2 Brush right forward hitching knee up, small hop forward on left (scoot), step right forward  
3-4 Step forward left,  $\frac{1}{2}$  turn right, weight on right  
5-6 Step forward left,  $\frac{1}{4}$  turn right, weight on right  
7&8 Step left behind right, step right to right side, step left to left side

**REPEAT**

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