

Ntombisani

拍數: 68 牆數: 0 級數: Phrased Low Intermediate
編舞者: Karin van der Merwe (SA) - May 2020
音樂: Jolene - Ndlovu Youth Choir



Start: 32 counts in on .27secs

Sequence: [A + Tag 1 12:00] [B: 3:00] [B: 12:00] [A: 9:00] [B: 9:00] [A: 6:00] [B: 6:00 + Tag 2: 3:00] [Ending: 12:00]

DANCE A (CHORUS) - 36 counts

(1-10): Toe switches with holds, heel switches, 2 x walks fwd, ½ pivot turn to L with sweep

- 1, 2 & (1) Point RF to R side, (2) Hold, (&) Replace RF next to LF
3, 4 & (3) Point LF to L Side, (4) Hold, (&) Replace LF next to RF
5 & 6 & (5) Touch R Heel fwd, (&) Replace R Heel beside L Heel, (6) Touch L Heel fwd, (&) Replace L Heel beside R Heel
7, 8, 9, 10 (7) Step fwd RF, (8) Step fwd on LF, (9) Step fwd on RF, (10) Pivot turn ½ Left sweeping the LF around from front to back (6:00)

(11-18): Sailor step x 2, steps fwd with side points

- 1 & 2 (1) Step LF behind RF, (&) Step RF to R side, (2) Step LF to L side
3 & 4 (3) Step RF behind LF, (&) Step LF to L side, (4) Step RF to R side
5, 6 (5) Step fwd on LF, (6) Point RF to R side, click fingers or shimmy for styling
7, 8 (7) Step fwd on RF, (8) Point LF to L side, click fingers or shimmy for styling (6:00)

(19-28) 2 x walks with knee pops, touch fwd & back, 2 x walks forward, ½ pivot turn to R with sweep

- & 1, 2 (&) Step LF fwd, (1) bring RF to LF popping R Knee as you bring it in, (2) Hold
& 3, 4 (&) Step RF fwd, (3) bring LF to RF popping L Knee as you bring it in, (4) Hold
5, 6 (5) Touch L heel fwd, (6) Touch L Toe back
7, 8, 9, 10 (7) Walk fwd LF, RF, (8) Step fwd on LF, (9) Step fwd on LF, (10) Pivot turn ½ Right sweeping the RF around from front to back (12:00)

(29-36) Sailor step x 2, steps fwd with side points

- 1 & 2 (1) Step RF behind LF, (&) Step LF to L side, (2) Step RF to R side
3 & 4 (3) Step LF behind RF, (&) Step RF to R side, (4) Step LF to L side
5, 6 (5) Step fwd on RF, (6) Point LF to L side, click fingers or shimmy for styling
7, 8 (7) Step fwd on LF, (8) Point RF to R side, click fingers or shimmy for styling (12:00)

DANCE B (MAIN DANCE) - 32 counts

(1-8) 2 x Walks back, RF coaster step, LF kick-ball-change, step, scuff

- 1, 2, 3 & 4 (1) Step back on RF, (2) Step back on LF, (3) Step back on RF, (&) Close LF to RF, (4) Step fwd on RF
5 & 6, 7, 8 (5) Kick LF fwd, (&) step onto the ball of the LF, (6) step RF fwd, (7) step LF fwd, (8) scuff the heel of the RF (3:00)

(9-16) Modified vaudeville on RF, ¼ turn rolling grapevine to R

- 1 & 2 & 3 & 4 (1) Cross RF over LF, (&) Step back on LF, (2) Touch RH to R diagonal, (&) Step RF next to LF, (3) touch L toe next to RF, (&) Step back on to LF, (4) Touch R Heel to R diagonal
5, 6, 7, 8 (5) Step RF fwd into a ¼ turn R, (6) Step LF back into ½ turn R, (7) Step RF fwd into ½ turn R, (8) Close LF next to RF (6:00)

(17-24) R hip bumps, 2 x Kickball points

- 1 & 2 & 3 & 4 (1) Touch RF fwd and bump hips up, (&) down, (2) side, (&) in, (3) up, (&) down, (4) side, (&) in
5 & 6 (5) Kick RF fwd, (&) Replace ball of RF next to LF, (6) Point LF to Left side

7 & 8 (7) Kick LF fwd, (&) Replace ball of LF next to RF, (8) Point RF to Right side (6:00)

(25-32) ½ Pivot Left, R shuffle fwd, heel touch, toe touch, L shuffle fwd

1, 2, 3 & 4 (1) Step fwd on RF, (2) Pivot ½ turn left recoving weight onto LF, (3) step fwd on RF, (&) close LF to RF in third position, (4) step fwd on R

5, 6, 7 & 8 (5) Touch L Heel fwd, (6) Touch L Toe back, (7) Step fwd on LF, (&) close RF to LF (3rd position), (8) Step fwd LF (12:00)

Tag 1 - 16 counts (end of Dance A's 1st sequence)

(1-8) Charleston Step, jazz box ¼ turn R

1, 2, 3, 4 (1) Touch R Heel fwd, (2) Step RF bac,, (3) Touch L Toe back, (4) Step LF fwd

5, 6, 7, 8 (5) Cross RF over LF, (6) Step back on LF starting ¼ turn to R, (7) Step RF to right side completing ¼ turn, (8) Step LF next to RF with weight onto it (3:00)

(8-16) RF Rocking Chair, "V" Step

1, 2, 3, 4 (1) Rock fwd on the RF, (2) Recover on to the LF, (3) Rock back on RF, (4) Recover fwd on the LF

5, 6, 7, 8 (5) Step fwd & out to R diagonal on RF, (6) Step fwd & out to L diagonal on LF (7) Step back to centre on RF, (8) Step back to centre and close LF next to RF (3:00)

TAG 2 - 4 counts (end of Dance B's 3rd sequence)

1, 2 (1) Step RF out to R side, (2) Step LF out to left side

3 & 4 & (Swivel Heels Alternatively) (3) Swivel R Heel out to Right Side, (&) Swivel it back in and recover weight onto RF, (4) Swivel L Heel out to Left Side, (&) Swivel it back in and recover weight onto LF,

Ending: (18 counts until music stops)

Dance counts 1 – 8 of Dance A

Then replace counts 9 & 10 (sweep) with following:

(9) Step Fwd on RF, (10) Pivot ¼ turn to L and recover weight on to LF 12:00

(11) Stomp RF to R diagonal, (12) Bring LF towards RF on Heel, (13) Toe, (14) Heel,

(15) Stomp LF to L diagonal, (16) Bring RF towards LF on Heel, (17) Toe, (18) Heel,

Then.....Stomp out on RF, strike a pose and hold, initiating your own hand/arm movements on the words, "please don't take him even if you can."

"Ntombisani" means "kiss me" in Zulu. I sincerely hope you enjoy this traditional South African rendition of a popular and legendary country tune. Thank You Kevin Ellis for sending me the song!

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