

Koffie Kapitaal

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Elsa Viljoen (SA) - November 2021
音樂: Jan Koffiekapitaal - Jezelle : (Album: Koffiekapitaal)



Tags: End of walls 2,4 & 6 (see description below)

Sequence: A -A -Tag 1- A- A -Tag 1 -B- A -Tag 2 -A -Tag 1- Ending

DANCE A (32c)

SECTION 1 [1-8] RF TOE HEEL, SHUFFLE, LF TOE HEEL SHUFFLE

123&4 RF toe, RF heel, step forward on RF, step LF next to RF, step forward on RF
567&8 LF toe, LF heel, step forward on LF, step RF next to LF, step forward on LF 12:00

SECTION 2 [9-16] STEP FORWARD ON RF, ¼ TURN LEFT x 2, JAZZBOX

1234 Step forward on RF, ¼ turn left, step forward on RF, ¼ turn left 6:00
5678 Cross RF over LF, step back on LF, step RF to the right, step LF forward

SECTION 3 [17-24] POINT RF RIGHT, STEP RF FORWARD, POINT LF LEFT, STEP LF FORWARD, VINE TO THE RIGHT

1234 Point RF right, step forward on RF, point LF left, step forward on LF
5678 Step RF right, step LF behind RF, step RF right, close LF next to the RF 6:00

SECTION 4 [25-32] STEP DIAGONALLY RIGHT ON RF (lunge), LEAN BODY FORWARD AND CLAP x 3, STEP DIAGONAL LEFT ON LF (lunge) TAP LEFT HEEL x 3

1234 Step diagonally right with RF (lunge), lean body forward, clap above right knee, clap half way up, clap level with your head
5678 Step diagonally left with LF (lunge), tap left heel x 3 6:00

DANCE B (16c) (all mostly on lyrics) 12:00

Where the music slows down, start first step on the lyrics "...en die Namib sand"

1234 Cross RF over LF, step LF left, cross RF behind LF, step LF to the left
5678 Rock RF diagonally across LF, recover back on LF, step RF right, hold

1234 Cross LF over RF, step RF right, cross LF behind RF, Step RF right,
5678 Rock LF diagonally over RF, recover back on RF, step LF to left, hold
1 2 3 4 Sway R L, Hold, Hold

On Lyrics

- "en jou Volk"

Step RF forward, sweep LF forward, step on LF, sweep RF forward, rock forward on RF, recover on LF, step back on RF, Hold

- "en se ons nie koebaai"

Step LF back, sweep RF backwards, step on RF, sweep RF backwards, rock back on LF, recover forward on RF, step LF forward, Hold

- "en ons ons wag nog vir jou stories Jan"

Step to the right with the RF, point LF diagonally, step on the LF, point RF diagonally

- "om elke liewe draai"

Sway R L R L, stamp RF, stamp LF

- "ho ho ho" and CLAP hands x 3

TAG 1 (End of Walls 2, 4, 6)

Repeat section 4 of Dance A

TAG 2 (End of Wall 5) 12:00

On Lyrics

- "Oom Jan" Close RF next to LF
- "jy's 'n legend" - Raise your right arm up
- "jys 'n held" - start Dance A again as these lyrics start (this is now wall 6)

ENDING (after Tag 1 on Wall 6) 12:00

On Lyrics

- "ons sal jou nooit vergeet" - stand - raise both arms to a 2nd ballet position
- "Jan Koffie" - raise hands up
- towards the end of "kapitaal" - take a bow

Choreographers' note:

This is a song written as an ode to a legend in the Afrikaans entertainment industry and as such, the dance is dedicated to this person, Jan Spies

Email: elsalinedance16@gmail.com
