

編舞者: Silvia Schill (DE) - October 2024 音樂: Mwaki (feat. Sofiya Nzau) - ZERB



The dance begins after 16 counts with the start of the singing

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1-2 Place R foot to R, place L foot to L, bending your knees slightly (support your arms on your

thighs and bend your upper body forwards slightly)

3-4 Place R foot back again, place LF back again

5-6 Place R foot to R, place L foot to L, bending your knees slightly (support your arms on your

thighs and bend your upper body forwards slightly bend)

7-8 Put R foot back again, put LF back again

Restart: In the 3rd round at 6 o'clock stop here and start at the front

Rock step r, rock step I, swivel , back I/r (with swivels), coaster step I

1-2& Put R foot forward, lift L foot slightly, pull R foot towards LF

3&4 Put L foot forward, turn both heels to L and back again (weight on RF at the end)

5-6 2 steps back, turning the toes from the inside out L/R

7&8 Step backwards with LF, put RF near RF and small step forwards with LF

Rock step r, shuffle ½ turn r, step ¼ turn 2x r

1-2 Step RF forward, lift LF slightly, put weight back on LF

3&4 Step RF with a ¼ turn to R, step LF next to RF, step RF forward with a ¼ turn around R (6

o'clock)

5-6 Touch L toes to L and ¼ turn to R, weight remains on standing leg R

7-8 Touch L toes to L and ¼ turn to R, weight remains on standing leg R (12 o'clock)

Syncopated Jazz Box 1/4 turn I, point, cross, back, side, close

1-2& Cross LF in front of RF, step RF back, step LF with a ¼ turn around L and to L

3-4 Cross RF in front of LF and L toes to L touch up

5-6 Cross LF in front of RF, take a small step back with RF

7-8 Put LF behind L and take a small jump towards RF at LF (shouting "HUUUUCH" in a deep

voice) (9 o'clock)