

On The Minnehaha

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拍數: 32 牆數: 4 級數: Beginner
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音樂: On the Minnehaha - Lennie Gallant



Kirsten Neuschäfer from South Africa won the 2022 Golden Globe Race – a gruelling solo, non-stop, around-the-world sailing race using only traditional equipment. Stranded by Covid, Kirsten couldn't take her boat for professional refit before the race as planned. Instead, the Minnehaha's refit was done by Kirsten and community volunteers working for almost a year in a shed in Prince Edward Island, Canada.

Lennie Gallant, an Island musician, later wrote this song in Kirsten's honour while she was on her 233-day race to eventual victory.

(First Youtube music video to right is 4:38; second Youtube music audio is 3:48).

Start on lyrics. (R=right foot; L=left foot)

Rocking chair, jazz box

1-4 R rock forward, L recover, R rock back, L recover
5-8 R front cross, L back, R to side, L together

Left sailor walk, right sailor walk

1,2 R front cross, L to side,
3&4 R sailor (R behind cross, L to side, R to side)
5,6 L cross, R to side,
7&8 L sailor (L behind cross, R to side, L to side)

Rocking chair, turning jazz box

1-4 R rock forward, L recover, R rock back, L recover
5-8 R front cross, L back, R turn ¼ right, L together

Left weave with end point, right weave with end point

1-4 R front cross, L to side, R behind cross, L point to side
5-8 L front cross, R to side, L behind cross, R point to side

REPEAT

NO tags, restarts or bridges so that you can relax and enjoy this beautiful song.

But if you like the challenge of such things, try: AB, AC, AB, AC, AB, AB, AA, AC. A is the main dance above. B is a 4-count tag (like R fwd rock, L recover, R side rock, L recover). C is a restart after 16 counts or a tag (like left weave for 8 counts with end point, right weave for 8 counts with end point) or something more creative by you.

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