

# Nkalakatha - The Big Boss

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Craig Smith (SA)  
音樂: Nkalakatha - Mandoza



This dance is based on traditional Zulu Dancing. The word Nkalakatha is pronounced incolorkata and is a Zulu word meaning "The Big Boss"

## STEP LEFT, RIGHT, LEFT, RIGHT, LEFT FORWARD & TOUCH, RIGHT BACK & TOUCH

- 1-2            With knees bent into crouch, step left foot to left, step right foot to right  
3-4            Repeat above, this is done with a rolling ankle action  
5-8            Step left forward, touch right next to left, step back right, touch left next to right

## LEFT FORWARD SHUFFLE (LEFT-RIGHT-LEFT), ROCK, RECOVER, ROLLING VINE BACK ( $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{2}$ ), TOUCH

- 1-2            Shuffle left, right, left, rock forward on right, recover weight onto left  
3-4            Repeat (using imaginary spear action with right hand)  
5-8            Step back on right with  $\frac{1}{4}$  turn right, half turn over right shoulder, half turn over right shoulder, touch left foot next to right (you should now be facing 3:00)

## STEP LEFT WITH $\frac{1}{4}$ TURN, KICK RIGHT, BACK RIGHT, BACK LEFT, STEP RIGHT, KICK LEFT, BACK LEFT, BACK RIGHT

- 1-4            Step left foot with  $\frac{1}{4}$  turn to left, kick right foot, step back on right and back on left (feet should be slightly apart and in line)  
5-8            Step forward on right, kick left foot, step back on left and back on right (feet again apart and in line)

## WALK FORWARD LEFT-RIGHT-LEFT, KICK RIGHT (HIGH KICK), WALK BACK RIGHT-LEFT-RIGHT, TOUCH

- 1-4            Walk forward left, right, left, kick right foot forward (big kick)  
5-8            Step back on right, back left, back right with  $\frac{1}{4}$  turn to the right, touch left next to right (you should now be facing 3:00)

## ROLLING VINE LEFT WITH TOUCH, $\frac{1}{4}$ TURN, TOUCH, STEP LEFT, TOUCH

- 1-4            Rolling vine, left, right, left, touch right next to left  
5-8             $\frac{1}{4}$  turn right, touch left next to right, step left to left, touch right beside left

## ROLLING VINE RIGHT WITH TOUCH, STEP LEFT, TOUCH, $\frac{1}{4}$ TURN, TOUCH

- 1-4            Rolling vine, right, left, right, touch left next to right  
5-8            Step left to left, touch right beside left, turn  $\frac{1}{4}$  turn to right, touch left beside right (you should now be facing 9:00)

REPEAT

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