

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
