

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Nkalakatha - Mandoza



ROCK, RECOVER, BRUSH ACROSS, CROSS-SHUFFLE, SIDE ROCK, TOGETHER, RIGHT AND LEFT

- 1&2 Side rock right, recover onto left, brush right across front of left
3&4 Cross step right over left, step left to left side, cross step right over left
5&6 Step left to left side, recover onto right, step left beside right
7&8 Step right to right side, recover onto left, step right beside left

HIP PUSH SHUFFLE LEFT DIAGONAL WITH ARM PUSH, HIP PUSH SHUFFLE RIGHT DIAGONAL WITH ARM PUSH, HIP WALKS LEFT RIGHT LEFT RIGHT WITH ARMS EXTENDED FORWARD

- 1&2 Push left hip forward as you do a very small shuffle forward on left diagonal (resembles a samba step)

At the same time extend arms forward to left diagonal with palms forward, fingers up towards ceiling with pushing motion

- 3&4 Repeat 1&2 on right side
5-6 Step forward left, pushing hip to left diagonal, step forward right pushing hip to right diagonal

Push arms as above to left, then right

- 7-8 Repeat 5-6

STEP FORWARD LEFT, ½ TURN RIGHT, WALK FORWARD LEFT & RIGHT, LEFT KICK-BALL TOUCH, KNEE POP ACROSS TWICE

- 1-2 Step forward left, ½ turn right, weight on right
3-4 Step forward left, step forward right
5&6 Kick left forward, step ball of left foot beside right, touch right toe beside left foot and pop right knee across front of left knee
7-8 Replace right beside left and pop left knee across front of right knee, replace left beside right and pop right knee across front of left knee

Use twisting action from hips when doing knee pops

SIDE STEP RIGHT, PUMP, TOGETHER, PUMP, SIDE STEP RIGHT, PUMP, TOGETHER, PUMP

- 1&2 With knees bent side step right to right side, (with fingers pointing down, cross right arm over left arm (use pumping action for arms and legs))
3&4 Straighten legs but with knees soft, step left beside right (extending arms to each side with fingers pointing down (pumping action))
5&6 With knees bent side step right to right side, (extending arms to right side with fingers pointing down (pumping action))
7&8 Straighten legs but with knees soft, step left beside right (extending arms to left side with fingers pointing down (pumping action))

Arms should be between waist and hip height throughout this section

STEP FORWARD RIGHT, ¼ TURN LEFT, WALK FORWARD RIGHT AND LEFT, KICK-BALL TOUCH, KNEE POP ACROSS TWICE

- 1-2 Step forward right, ¼ turn left (weight on left)
3-4 Step forward right, step forward left
5&6 Kick right forward, step ball of right foot beside left, touch left toe beside right foot and pop left knee across front of right knee
7-8 Replace left beside right and pop right knee across front of left knee, replace right beside left and pop left knee across front of right knee

Use twisting action from hips when doing knee pops

LEFT SAILOR STEP, RIGHT TURNING COASTER STEP, SIDE ROCK, RECOVER, STEP ACROSS AND FORWARD, LEFT AND RIGHT

- 1&2 Step left behind right, step right to right side, step left to left side
3&4 Turning $\frac{1}{4}$ turn to right step back right, step left beside right, step forward right
5&6 Step left to left side, recover onto right, step left forward and across right
7&8 Repeat 5&6 on right side

LEFT BRUSH-SCOOT STEP, STEP FORWARD RIGHT, $\frac{1}{2}$ TURN LEFT, STEP FORWARD RIGHT, LEFT FORWARD ROCK, RECOVER, LEFT SIDE ROCK, LEFT RECOVER, COASTER STEP

- 1&2 Brush left forward hitching knee up, small hop forward on right (scoot), step left forward
3&4 Step forward right, $\frac{1}{2}$ turn left, step forward right
5&6& Left rock forward, recover onto right, left side rock, recover onto right
7&8 Step left back, step right beside left, step left forward

RIGHT BRUSH-SCOOT STEP, STEP FORWARD LEFT, $\frac{1}{2}$ TURN RIGHT, STEP FORWARD LEFT, $\frac{1}{4}$ TURN RIGHT, LEFT SAILOR STEP

- 1&2 Brush right forward hitching knee up, small hop forward on left (scoot), step right forward
3-4 Step forward left, $\frac{1}{2}$ turn right, weight on right
5-6 Step forward left, $\frac{1}{4}$ turn right, weight on right
7&8 Step left behind right, step right to right side, step left to left side

REPEAT
