

Iko Iko

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Hedy McAdams (USA)
音樂: Iko Iko - The Zydeco Flames



SIDE-TOGETHER-SIDE, SIDE-TOGETHER-TURN, PIVOT-STEP, PIVOT-STEP, TOE-HEEL, PUSH-HEEL

- 1& Step right to right, slide left foot beside right
- 2 Step right to right
- 3& Step left to left, slide right foot beside left
- 4 Turn body ¼ left (9:00) and step left forward
- 5& Step ball of right forward at a diagonal right & pivot (on ball of left) into a ¼ turn left (6:00), shift weight left
- 6& Step ball of right forward at diagonal right & pivot (on ball of left) into a ¼ turn left (3:00), shift weight left
- 7& Step toe of right forward, snap right heel down
- 8& Push off b from ball of left (keeping weight forward, over right leg) & lift up on ball of right, snap right heel down

The "&" counts follow whole counts in order to convey basic Cajun/Zydeco styling, up on first beat, down on second beat.

TOE-HEEL, PUSH-HEEL, TOE-HEEL, PUSH-HEEL, CROSS-HEEL, TOE-CROSS, TOE-CROSS, TURN-HEEL

- 1& Step ball of left forward, snap left heel down
- 2& Push off from ball of right (keeping weight forward, over left leg) & lift up on ball of left, snap left heel down
- 3& Step ball of right forward, snap right heel down
- 4& Push off from ball of left (keeping weight forward, over right leg) & lift up on ball of right, snap right heel down
- 5& Cross-step ball of left over right, snap left heel down
- 6 Step ball of right to right
- & Step left directly right (drop to full weight, cross right)
- 7 Step ball of right to right
- & Step left directly right (drop to full weight, cross right)
- 8 Turn body ¼ left (12:00) & step back on ball of right
- & Snap right heel down

Place ball of "push-off" foot slightly back and to the side (right for right foot, left for left foot) for balance and comfort

Lift right knee and point knee to right before stepping ball of right to the right and "push up" as you progress directly right.

BACK-TOGETHER-BACK, BACK-TOGETHER-BACK, BACK-TOGETHER-FORWARD-SCOOT, STEP-STOMP-STOMP

- 1& Step left back on diagonal left, step right beside left
- 2 Step left back on diagonal left
- 3& Step right back at diagonal right, step left beside right
- 4 Step right back at diagonal right
- 5& (Begin coaster step) step left back, step right beside left
- 6 Step left forward
- &7 Scoot forward on left (lift right knee), step right forward
- & Stomp left (slightly) forward
- 8 Stomp right (slightly) forward

SIDE-SLIDE, TURN-SNAP, PIVOT-STEP, TOUCH-SLIDE, PUSH-CROSS, PUSH-CROSS, TOE-HEEL, ROCK-RECOVER

- 1& Step left to left, slide right beside left
2 Turn ¼ left (9:00) and step left heel forward
& Snap left toe down
3& Step ball of right forward at a diagonal right & pivot (on ball of left) into a ¼ turn left (6:00), shift weight left
4 Touch right toe forward on a diagonal right
& Slide right toe (slightly) back and across left foot as you snap right heel down (shifting weight right)
5 Place ball of left on a diagonal (back & left) & push up
& Slide-step right across left (drop to full weight)
6 Place ball of left on a diagonal (back & left) & push up
& Slide-step right across left (drop to full weight)
7 Step ball of left back on a diagonal left
& Snap left heel down (opt: lift right foot)
8 (Opt: swing right foot to the right, then...) Rock back on right
& Rock forward on left (in place)

Note that you progress back on a diagonal left for counts 5-7

REPEAT

Music is counted slowly to create a 32-count teaching tool for what is really a 64-count dance.
