

La Dong Keewun

Count: 64

Wand: 2

Ebene:

Choreograf/in: Frankie Cull (UK)

Musik: Borriquito (Flamenco Radio Edit) - Rodrigues



BOX WITH A FLICK, STEP FORWARD, LOCK, STEP FORWARD & TWIST UP

- 1-4 Cross right over left, step back on left, step right foot to right side (angling body slightly to right diagonal), flick left foot behind
- 5-8 (With body still angled slightly to right diagonal) step forward on left, lock right behind left, step forward on left, (on balls of feet) twist both heels left keeping heels off of the floor

TWIST DOWN, CLAP, CLAP, SLAP, 2 PIVOTS TURNS

- 1 Return both heels to center (left foot should still be slightly in front of right)
- 2-3 Clap, clap
- 4 Hitch right knee & with right hand slap right thigh (alternatively slap right boot)
- 5-6 Step right foot forward & pivot ½ left
- 7-8 Step right foot forward & pivot ½ left

DOUBLE SIDE STEPS RIGHT & LEFT WITH CUBAN MOTION & CLICKS

- 1-4 Step right foot to right side, step left foot next to right, step right foot to right side, touch left foot next to right clicking both hands to left hand side at shoulder height
- 5-8 Repeat steps 1-4 to left side

HOOLA HOOP TURN, ROCK FORWARD & BACK

- 1-4 Step right, left, right, left while turning ½ left & circling hips to the left twice
- 5-8 Rock forward onto right foot, recover weight onto left, rock back onto right foot, recover weight onto left

TURNING WALKS & KICK TWICE

- 1-4 Step forward onto right foot, turn ¼ left & cross left foot over right, turn another ¼ left & step back onto right, kick left foot forward
- 5-8 Step forward onto left foot, turn ¼ right & cross right foot over left, turn another ¼ right & step back onto left, kick right foot forward

"SAILOR" & FLICK, CROSS, STEP, CROSS, FLICK

- 1-4 Cross right behind left, step left to left side, step right to place, (angling body slightly to right diagonal) flick left foot behind
- 5-8 Cross left foot over right, step right to right side, cross left foot over right, (angling body slightly to left diagonal) flick right foot behind

FUNKY HEEL DIGS & 2 BODY DROPS

- 1-2 Dig right heel across in front of left leg, hitch right knee while bending left supporting leg slightly

I teach this first of all by digging the right heel forward & slapping right knee when I bring the knee up. It feels better if you bend supporting leg each time you slap. I lose the slap when they get into the feel of it.

- 3-4 (Angling body slightly to right diagonal) dig right heel to right side, hitch right knee while bending left supporting leg slightly
- 5 (With body still angled to right) step right foot to right (shoulder width apart, weight on both feet)
- 6-7 Drop body slightly by bending both knees with 2 small quick jerks (like a bounce or sitting apprehensively on a cold seat)
- 8 Hold

HEEL / TOE SWIVELS (SINGLE, SINGLE, DOUBLE)

- 1-2 (With feet apart & weight on ball of right and heel of left) twist right heel to right & left toes to left, return to center
- 3-4 (With feet apart & weight on ball of left and heel of right) twist left heel to left & right toes to right, return to center
- 5-8 Repeat counts 1-2 of this section twice, ending with weight on left

REPEAT
