

Kachina

拍数: 32 墙数: 0 级数:
编舞者: Chris Peel (UK)
音乐: Outlaw of the Heart - Dave Sheriff



Position: In a circle facing to the left. For large numbers use 2 or 3 concentric circles

VINE RIGHT (OUTWARDS), VINE LEFT (INWARDS), ¼ TURN LEFT,

- 1-4 Side step right, step left behind right, side step right, stomp left in place
5-8 Side step left, step right behind left, step ¼ turn left on left, stomp up right in place (no weight)

SLOW TRAVELING ½ TURN PIVOT (SHOULDER WIDTH APART)

Optional styling: arms pushed down and back with fists clenched

- 9-12 Side step right, hold, twist ½ turn right on right / stomp left shoulder width apart from right, hold

Optional styling: arms bent upwards at shoulder level with fists clenched

- 13-14 Twist ½ turn left on left / stomp right shoulder width apart from left, hold

Optional styling: arms pushed down and back with fists clenched

- 15-16 Twist ½ turn right on right / stomp left shoulder width apart from right, hold

TOE STRUTS, ¼ PIVOT TURN LEFT, STOMPS IN PLACE

- 17-20 Touch right toe forward, step down right heel, touch left toe forward, step down left heel
21-22 Step forward right, twist ¼ turn left taking weight on left
23-24 Stomp right in place, stomp left together

TRAVELING SHUFFLES (WITH OPTIONAL ARM MOVEMENTS)

- 25&26 Forward right - step left beside right, step forward right (head back, right arm bent upwards with clenched fist while left arm is pushed down and back with clenched fist)
27&28 Forward left - step right beside left, step forward left (head down, left arm bent upward with clenched fist while right arm is pushed down and back with clenched fist)
29&30 Forward right - step left beside right, step forward right (head back, right arm bent upwards with clenched fist while left arm is pushed down and back with clenched fist)
31&32 Forward left - step right beside left, step left forward (head down, left arm bent upwards with clenched fist while right arm is pushed down and back with clenched fist)

REPEAT

Kachinas are the most important deities of the Pueblo tribes. These "Rainmakers" are believed to live in their mountain homes for six months of the year, returning to the people to perform masked dances which mark significant aspects of the agricultural season.