In Zaire



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Greywolf (NL) & Wiya Wambli (NL) - September 2008

音乐: In Zaire - Johnny Wakelin



Intro: ONLY WITH THE MUSIC OF JOHNNY WAKELIN. TRIPLE STOMP 10 X, After 20 counts of the intro with 10 X Triple Stomp, Start with RF – Every first step of the triple stomp is STOMP, THEN YOU START THE DANCE:

Or Music: About The South by Rodney Adkins

Heel, Hook, Heel, Flick, Heel Hook, Heel, Stomp Stomp

1-2	RF touch heel forward – RF hook in front of LF
3-4	RF touch heel forward – RF kick to right
5-6	RF touch heel forward – RF hook in front of LF

7&8 RF touch heel forward,RF jump/stomp next to LF,LV jump/stomp next to RF

Heel, Hook, Heel Flick, Heel Hook, Heel, Jump/Stomp Jump/Stomp

9-10	LF touch heel forward – LF hook in front of RF
11-12	LF touch heel forward – LF kick to left
13-14	LF touch heel forward – LF hook in front of RF
15&16	LF touch heel forward, LF jumpstomp next to RF, RF jump/stomp next to LF

Vine Left With Arm-Movements. Vine Right With Arm-Movements

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17	LF step to left – stretch arms FWD with handpalms FWD
18	RF cross behind LF to left-bend arms in front of you with handpalms FWD
19	LF step to left – stretch arms to L & R with handpalms outside
20	Rf step next to LF – close bended arms with fists and elbows together
21	RF step right – stretch arms FWD with handpalms FWD
22	LF cross behind RF – bend arms in front of you wiht handpalms FWD
23	RF step right – stretch arms to R & L with handpalms outside
24	LF step next to RF – close bended arms with fists and elbows together

Diagonal Shuffles Fwd, Back, Fwd, Shuffle Back

REPEAT: 45-46.

47-48

25&26	RF step diagonal right forward, LF step next to RF, RF stepforward
27&28	LF step forward, RF step next to LF, LF step forward
29&30	RF step diagonal left back, LF step next to RF, RF step back
31&32	LF step back, RF step next to LF, LF step back
33&34	RF step diagonal forward, LF step next to RF, RF step forward
35&36	LF step forward,RF step next to LF,LF step forward
37&38	RF step back,LF step next to RF,RF step back
39&40	LF step back, RF step next to LF, LF step back

Side, Together, Side, Together, (Right) With Arm-Movements, Side ,Together, Side, Together, (Left) With Arm-Movements

41	RF step right – bend knees and arms, handpalms crossed at face height (RH over LH)
42	LF step next to RF – stretch leggs, bend arms, but not crossed
43-44	REPEAT: 41 – 42
45	LF step left – bend knes and arms, Handpalms crossed at face height (LH over RH)
46	RF step next to LF – stretch leggs, bend arms but not crossed

