

Mwaki

拍數: 32 牆數: 4 級數: Beginner
編舞者: Silvia Schill (DE) - October 2024
音樂: Mwaki (feat. Sofiya Nzau) - ZERB



The dance begins after 16 counts with the start of the singing

Out r, out l, in r, in l, 2x

- 1-2 Place R foot to R, place L foot to L, bending your knees slightly (support your arms on your thighs and bend your upper body forwards slightly)
- 3-4 Place R foot back again, place LF back again
- 5-6 Place R foot to R, place L foot to L, bending your knees slightly (support your arms on your thighs and bend your upper body forwards slightly bend)
- 7-8 Put R foot back again, put LF back again

Restart: In the 3rd round at 6 o'clock stop here and start at the front

Rock step r, rock step l, swivel , back l/r (with swivels), coaster step l

- 1-2& Put R foot forward, lift L foot slightly, pull R foot towards LF
- 3&4 Put L foot forward, turn both heels to L and back again (weight on RF at the end)
- 5-6 2 steps back, turning the toes from the inside out L/R
- 7&8 Step backwards with LF, put RF near RF and small step forwards with LF

Rock step r, shuffle ½ turn r, step ¼ turn 2x r

- 1-2 Step RF forward, lift LF slightly, put weight back on LF
- 3&4 Step RF with a ¼ turn to R, step LF next to RF, step RF forward with a ¼ turn around R (6 o'clock)
- 5-6 Touch L toes to L and ¼ turn to R, weight remains on standing leg R
- 7-8 Touch L toes to L and ¼ turn to R, weight remains on standing leg R (12 o'clock)

Syncopated Jazz Box ¼ turn l, point, cross, back, side, close

- 1-2& Cross LF in front of RF, step RF back, step LF with a ¼ turn around L and to L
- 3-4 Cross RF in front of LF and L toes to L touch up
- 5-6 Cross LF in front of RF, take a small step back with RF
- 7-8 Put LF behind L and take a small jump towards RF at LF (shouting "HUUUUCH" in a deep voice) (9 o'clock)