Hokonui

牆數: 0

編舞者: Carol Green (AUS)

音樂: Hokonui Hills - Craig Giles

This dance was written to utilize the feel of the music which is Maori (New Zealand) in flavor. The hand jive section is similar to the Maori Haka Dance

4 BACK TRAVELING SHUFFLES

拍數: 64

- 1&2 Cross right foot behind left foot, rock left foot to left, recover right foot
- 1&2 Cross left foot behind right foot, rock right foot to right, recover left foot
- 1-4 Repeat above 4 counts

REVERSE BASKETBALL 4; 2 BACK TOE STRUTS

- 1-2 Rock right foot back, turning ½ right recover left foot
- 1-2 Repeat above 2 counts
- 1-4 Touch right toe back, transferring weight to right foot drop right heel, touch left toe back, transferring weight to left foot drop left heel

FORWARD, LOCK, FORWARD, BRUSH, TWICE SLOW PADDLE TURN 4

- 1-8 Step right foot forward, lock left foot behind right foot Step right foot forward, brush left foot past right foot Step left foot forward, lock right foot behind left foot Step left foot forward, brush right foot past left foot
 - Step left foot forward, brush right foot past left foot
- 1-4 Rock right foot forward, hold, turning ¼ left recover left foot, hold
- 1-4 Repeat above 4 counts

RIGHT HEEL DROP 4, LEFT HEEL DROP 4, 4 BACK CROSSED TOE STRUTS

- 1-4 With ball of right foot still on floor turn diagonally right & drop right heel 4 times
- 1-4 With ball of left foot still on floor turn diagonally left & drop left heel 4 times
- 1-2 Turning to face front swing right foot behind left foot and touch right toe back, transfer weight to right foot, dropping the right heel
- 1-2 Turning to face front swing left foot behind right foot and touch left toe back, transfer weight to left foot, dropping the left heel
- 1-4 Repeat above 4 counts

RUN BACK 2, COASTER STEP, FORWARD RUN 2, CLOSE, DUAL HEEL DROP

- 1-2 Step back right foot, step back left foot
- 1&2 Step right foot back, close left foot to right foot, step right foot forward
- 1-2 Step forward left foot, step forward right foot
- 1-2 Close left foot to right foot, raise both heels, drop both heels

4 SLOW FORWARD STOMPS WITH ARM JIVE

- 1-2 Bending knees slightly stomp right foot forward and at the same time pushing right arm out from waist height with palm down and shaking hand slightly, hold
- 1-2 Stomp left foot forward (so feet are shoulder width apart) and at the same time pushing left arm out from waist height with palm down and shaking hand slightly, hold
- 1-2 Stomp right foot forward with left arm still extended slap top of left arm with right hand, hold
- 1-2 Stomp left foot forward extending right arm again and slap top of right arm with left hand, hold

REPEAT





級數:

TAGS In the 4th sequence do the dance to beat 32 and then do beats 57-64 then start the dance again In the final (7th) sequence do the dance to beat 12 then bending the knees slightly do the following: 1-8 Stomp right foot to right, hold, stomp left foot to left hold Straighten legs, stomp, stomp right foot to center, hold Stomp left foot along side right foot, hold