

Aw Free Kah (L/P)

COPPER KNOB
STEPPERS

拍數: 128 牆數: 0 級數: Intermediate Mixed Partner or Solo
編舞者: Michele Perron (CAN) - September 2013
音樂: Umqombothi - Yvonne Chaka Chaka : (Album: African Music; Hotel Rwanda Soundtrack)



Introduction: 64 Counts [or 32 Counts, once beat kicks in] Begin on lyrics.

**This is a circle mixer partner line dance; Two circles; inside and outside.
Outside dancer is Dancer A; Inside dancer is Dancer B
Dance begins with both dancers facing line of dance (L.O.D.), side by side position**

This dance if written in 'half time' would be 64 counts and it has lots of repetition.

**Clock directions: facing L.O.D. is 12 o'clock; facing outside circle is 3 o'clock; facing back of L.O.D. is 6 o'clock;
facing inside circle is 9 o'clock.**

**Option: Aw Free Kah can be danced as a solo line dance. In last section, Dancer A footwork: to make it a Two Wall line dance;
change footwork in last section: 1,2,3,4: No Turn – Right "Salsa" forward, Left "Salsa" back ** (see below)**

Sec, I (1- 8) SIDE,HOLD,SIDE,HOLD,SIDE-TOG-SIDE,HOLD

1,2,3,4 RIGHT Step side R, HOLD, LEFT Step beside R, HOLD
5,6,7,8 RIGHT Step side R, LEFT Step beside R, RIGHT Step side R, Hold

Sec, II (9-16) SIDE,HOLD,SIDE,HOLD,SIDE-TOG-SIDE,HOLD

1,2,3,4 LEFT Step side L, HOLD, RIGHT Step beside L, HOLD
5,6,7,8 LEFT Step side L, RIGHT Step beside L, LEFT Step side L, HOLD

**In Sections I & II: Hands: Dancer A – R hand across front of waist, to side L, holding R hand of Dancer B
[Optional: Dancer A - L hand can be on back of Dancer B]**

Sec, III (17-24) WALK,HOLD,WALK,HOLD, FORWARD-TURN-FORWARD-HOLD

1,2,3,4 RIGHT Step forward, HOLD, LEFT Step forward, HOLD
5,6,7,8 RIGHT Step forward, Turn 1/2 L with LEFT Step forward, RIGHT Step forward, HOLD [both dancers are facing 'back' of L,O,D,] [6 o'clock]

Sec III: Hands: Dancer A - R hand behind back of Dancer B; Dancer B – R hand in "hammerlock" position (elbow bent & behind back)

Sec, IV (25-32) WALK,HOLD,WALK,HOLD, [A]FORWARD,BACK,BACK,HOLD [B]FORWARD,TURN,FORWARD,HOLD

1,2,3,4 LEFT Step forward, HOLD, RIGHT Step forward, HOLD
5,6,7,8 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back, HOLD [Dancer A] (6 o'clock)
5,6,7,8 LEFT Step forward, Turn 1/2 R with RIGHT Step forward, LEFT Step forward, HOLD [Dancer B] (12 o'clock)

Dancers A & B are facing each other

Sec, V (33-40) BEHIND,HOLD,FORWARD,HOLD,SIDE,HOLD,TOUCH,HOLD

1,2,3,4 RIGHT Rock/Step crossed behind L, HOLD, LEFT Recover/Step forward, HOLD
5,6,7,8 RIGHT Step side R, HOLD, LEFT Toe/Touch beside R, HOLD

Hands: Left to Left 'push off' on Count 1

Sec, VI (41-48) BEHIND,HOLD,FORWARD,HOLD,SIDE,HOLD,TOUCH,HOLD

1,2,3,4 LEFT Rock/Step crossed behind R, HOLD, RIGHT Recover/Step forward, HOLD

5,6,7,8 LEFT Step side L, HOLD, RIGHT Toe/Touch beside L, HOLD

Hands: Right to Right 'push off' on Count 1

Sec, VII (48-56) BEHIND,HOLD,SIDE,ACROSS,HOLD,KICK,HOLD [WEAVE]

1,2,3,4 RIGHT Step crossed behind L, HOLD, LEFT Step side L, HOLD

5,6,7,8 RIGHT Step across front of L, HOLD, LEFT Kick forward diagonal L, HOLD

Hands: Left to Left 'push off' on Count 1

Sec, VIII (57-64) ROCK/BACK,RECOVER/FORWARD,BESIDE,HOLD;

ROCK/FORWARD,RECOVER/BACK,BESIDE,HOLD

[SALSA BASIC]

1,2,3,4 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step beside R, Hold

5,6,7,8 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step beside L, Hold

Sec VIII faces diagonal L

Sec, IX (65-72) BEHIND,HOLD,SIDE,ACROSS,HOLD,KICK,HOLD [WEAVE]

1,2,3,4 LEFT Step crossed behind R, HOLD, RIGHT Step side R, HOLD

5,6,7,8 LEFT Step across front of R, HOLD, RIGHT Kick forward diagonal R, HOLD

Sec X (73-80) ROCK/BACK,RECOVER/FORWARD,BESIDE,HOLD;

ROCK/FORWARD,RECOVER/BACK,BESIDE,HOLD

[SALSA BASIC]

1,2,3,4 RIGHT Rock/Step back, LEFT Recover/Step forward, RIGHT Step beside L, HOLD

5,6,7,8 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step beside R, HOLD

Sec X faces diagonal R

Sec XI (81-88) SLOW WALKS FORWARD WITH 1/4 TURN L, HOLD

1,2,3,4 RIGHT Step forward, HOLD, LEFT Step forward, HOLD

5,6,7,8 RIGHT Step forward, HOLD, LEFT Toe/Touch beside R, HOLD

Both dancers have made 1/4 L turn walking forward, curving around & past each other

Dancer A is facing outside the circle (3 o'clock); Dancer B is facing inside the circle (9 o'clock)

Dancer A is on outside circle; Dancer B is on inside circle [two separate circles]

Sec XII (89-96) ACROSS,SIDE,ACROSS,HOLD; ROCK/SIDE,RECOVER/SIDE,TOG, HOLD

1,2,3,4 LEFT Step across front of R, RIGHT Step side R, LEFT Step across front of R, HOLD

5,6,7,8 RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L, HOLD

***Dancers have moved to 'new' partner position**

Sec, XIII (97-104) L HIP BUMPS: FORWARD,CENTRE,FORWARD,HOLD; REPEAT ON R

1,2,3,4 LEFT Toe Press forward diagonal L with Hip Bump forward, Hip Bump back, LEFT Step forward diagonal L with Hip Bump forward, HOLD

5,6,7,8 RIGHT Toe Press forward diagonal R with Hip Bump forward, Hip Bump back, RIGHT Step forward diagonal R with Hip Bump forward, HOLD

Sec XIII travels "forward"

Sec XIV (105-112) BACK,LOCK,BACK,HOLD; REPEAT ON R

1,2,3,4 LEFT Step back diagonal L, RIGHT Step back across front of L, LEFT Step back diagonal L, HOLD

5,6,7,8 RIGHT Step back diagonal R, LEFT Step back across front of R, RIGHT Step back diagonal R, HOLD

Sec XV (113-120) TOGETHER,HEEL/DIG/CLAP,FORWARD,TOE/TAP/CLAP, 3 WALKS FORWARD/TURN,HOLD

1,2 LEFT Step beside R heel, RIGHT Heel forward diagonal R & Clap (over L shoulder),

3,4 RIGHT Step forward, LEFT Toe/Tap behind R heel & Clap

5,6,7,8 LEFT, RIGHT, LEFT Steps forward with 1/4 Turn R, HOLD

Dancer A facing 6 o'clock; Dancer B facing 12 o'clock

Sec XVI (121-128) [A] FORWARD,TURN,FORWARD,HOLD [B] FORWARD,BACK,BESIDE,HOLD

1,2,3,4 RIGHT Step forward, Turn 1/2 L with LEFT Step forward, RIGHT Step forward, HOLD
[Dancer A] (12 o'clock)

1,2,3,4 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step beside L, HOLD [Dancer
B]

[A] FORWARD,BACK,BESIDE,HOLD [B] BACK,FORWARD,BESIDE,HOLD

5,6,7,8 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step beside R, HOLD [Dancer A]

5,6,7,8 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step beside R, HOLD [Dancer B]

Begin Again with new partner

**** Option: As a two wall solo line dance:**

Sec XVI (121-128) FORWARD,BACK,BESIDE,HOLD; BACK,FORWARD,BESIDE,HOLD

1,2,3,4 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step beside L, HOLD

5,6,7,8 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step beside R, HOLD

Contact: michele.perron@gmail.com - micheleperron.com
