

Aw Free Kah (P or S)

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Count: 128

Wall: —

Level: Intermediate Mixed Partner or Solo

Choreographer: Michele Perron , DANCE Expressions (Sept 2013)

Music: Umqombothi - Yvonne Chaka Chaka. Album: African Music; Hotel Rwanda Soundtrack (212 bpm)

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

1,2,3,4RIGHT Step side R, HOLD, LEFT Step beside R, HOLD

6,5,7,8RIGHT Step side R, LEFT Step beside R, RIGHT Step side R, Hold

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

1,2,3,4LEFT Step side L, HOLD, RIGHT Step beside L, HOLD

5,6,7,8LEFT 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

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

**5,6,7,8RIGHT 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**

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

**5,6,7,8LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back, HOLD [Dancer A]
(6 o'clock)**

**5,6,7,8LEFT 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

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

5,6,7,8RIGHT 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

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

5,6,7,8LEFT 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]

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

5,6,7,8RIGHT 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]

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

5,6,7,8RIGHT 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]

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

5,6,7,8LEFT 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]

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

5,6,7,8LEFT 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

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

5,6,7,8RIGHT 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

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

5,6,7,8RIGHT 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

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

5,6,7,8RIGHT 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

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

5,6,7,8RIGHT 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

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

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

5,6,7,8LEFT, 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

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

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

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

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

5,6,7,8LEFT 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

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

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

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