

Awella

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Count: 80 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Penny Tan, Nina Chen & EWS Winson – May 2017

Music: Awella by Theo Rose

Intro: 32 counts in (approx. 21 sec)

Sequence: A, B, A (16), A, B, A, B with Ending

Part A (48 counts)

#A1 (1-8) R-L Samba Whisks, R Forward Kick, $\frac{1}{4}$ (R) with R Side, L Inward Knee Pop & R Look, L Recover with R Inward Knee Popped & L Look, R Recover & $\frac{1}{4}$ (R) with L Sweep

1a2Weight on LF: Step RF to R side (1), rock LF behind RF (a), recover weight on RF (2) 12.00

3a4Step LF to L side (3), rock RF behind LF (a), recover weight on LF (4) 12.00

5&6 Kick RF forward (5), turn $\frac{1}{4}$ R stepping RF to R side (&), pop L knee inward (6) – look to the right 3.00

7-8 Recover L knee to the original position whilst popping R knee inward – look to the left (7), recover R knee to the original position making a $\frac{1}{4}$ R sweeping LF from back to front (8) 6.00

#A2 (9-16) L Forward Rock & Recover with L Sweep, L Sailor $\frac{1}{4}$ (L) with L Forward, R Paddle $\frac{1}{4}$ (L) with R Heel Swiveled Outward

1-2 Rock LF forward bringing RF behind L ankle in “coupe” (1), recover weight on RF sweeping LF from front to back (2) 6.00

3&4 Turn $\frac{1}{4}$ L crossing LF behind RF (3), step RF to R side (&), step LF forward (4) 3.00

5&6& Turn $\frac{1}{16}$ L pointing R toes forward while swiveling R heel out to R side (5), return weight to LF while twisting R heel in (&), turn $\frac{1}{16}$ L pointing R toes forward while swiveling R heel out to R side (6), return to weight to LF while twisting R heel in (&) 1.30

7&8 Turn $\frac{1}{16}$ L pointing R toes forward while swiveling R heel out to R side (7), return weight to LF while twisting R heel in (&), turn $\frac{1}{16}$ L pointing R toes forward while swiveling R heel out to R side (8) - remain weight on LF *** 12.00

Optional styling for 5-8: Try to lift and drop your hips to execute the paddle steps

Restart here on A (16), facing 6.00 o'clock.

#A3 (17-24) R-L Vaudeville Steps, 1/8 (R) with R Knee Popped & Styling, R Recover with L Knee Popped & Styling, Hip Bumps

- 1&2&** Cross RF over LF (1), step LF to L side (&), dig R heel diagonally to R side (2), step RF in place (&) 12.00
- 3&4&** Cross LF over RF (3), step RF to R side (&), dig L heel diagonally to L side (4), step LF in place (&) 12.00
- 5-6** Turn 1/8 L popping R knee forward - head looks down (5), recover R knee to the original position stepping RF in place while popping L knee forward - head looks up (6) 10.30
- 7&8** Bump hips forward (7), bump hips backward (&), bump hips forward (8) 10.30

#A4 (25-32) 1/8 (R) with L Side, R Back Flick with Head Tilted, R Side, L Back Flick with Head Tilted, L Side Mambo, R Side Mambo with R Touch

- 1-2** Turn 1/8 R stepping LF to L side (1), flick RF behind LF (2) - tilt your head to L side 12.00
- 3-4** Step RF to R side (3), flick LF behind RF (4) - tilt your head to R side 12.00

Optional styling for 1-4: Circling both index fingers at both sides of your temple as if someone is crazy

- 5&6** Rock LF to L side (5), recover weight on RF (&), close LF next to RF (6) 12.00
- 7&8** Rock RF to R side (7), recover weight on LF (&), touch R toes beside LF (8) 12.00

#A5 (33-40) ¼ (R) with R Forward, L Forward, R-L-R Forward Run, ½ (L) with L Forward, R Forward, L-R-L Forward Run

- 1-2** Turn ¼ R stepping RF forward (1), step LF forward (2) 3.00
- 3&4** Run RF forward (3), run LF forward (&), run RF forward (4) 3.00

Optional styling for 1-4: Raise both arms in the air and swing them to both sides according to the steps

- 5-6** Turn ½ L stepping LF forward (5), step RF forward (6) 9.00
- 7&8** Run LF forward (7), run RF forward (&), run LF forward (8) 9.00

Optional styling for 5-8: Raise both arms in the air and swing them to both sides according to the steps

#A6 (41-48) R Side with Chest Pump X2, L Together, R Side with Chest Pump X2, L Touch, L&R Out, Hip Roll

1a2 Step RF to R side pumping chest forward twice (1-a), close LF next to RF while contracting chest inward (2) 9.00

3a4 Step RF to R side pumping chest forward twice (3-a), touch L toes beside RF while contracting chest inward (4) 9.00

&5 Step LF to L side (&), step RF to R side (5) – feet are apart 9.00

6-8 Roll hips from L to R slowly for 3 counts (6-7-8) – end weight on LF 9.00

Part B (32 counts) - It starts at 9.00 o'clock.

#B1 (1-8) L Diagonal with R Syncopated Rocking Chair, R Cross Rock Side, L Paddle $\frac{3}{4}$ (R) with L Hitched & Side Pointed

1&2& Facing L diagonal – Rock RF forward (1), recover weight on LF (&), rock RF back (2), recover weight on LF (&) 7.30

3&4 Cross rock RF over LF (3), recover weight on LF (&), step RF to R side (4) – square up to the original wall 9.00

&5&6 Lift L knee up beside RF (&), turn $\frac{1}{8}$ R pointing L toes to L side (5), lift L knee up beside RF (&), turn $\frac{1}{4}$ R pointing L toes to L side (6) 1.30

&7&8 Lift L knee up beside RF (&), turn $\frac{1}{4}$ R pointing L toes to L side (7), lift L knee up beside RF (&), turn $\frac{1}{8}$ R pointing L toes to L side (6) 6.00

#B2 (9-16) R Diagonal with L Syncopated Rocking Chair, L Cross Rock Side, R Paddle Full Turn (L) with R Hitched & Side Pointed

1&2& Facing R diagonal – Rock LF forward (1), recover weight on RF (&), rock LF back (2), recover weight on RF (&) 6.00

3&4 Cross rock LF over RF (3), recover weight on RF (&), step LF to L side (4) – square up to the original wall 6.00

&5&6 Lift R knee up beside LF (&), turn $\frac{1}{4}$ L pointing R toes to R side (5), lift R knee up beside LF (&), turn $\frac{1}{4}$ L pointing R toes to R side (6) 12.00

&7&8 Lift R knee up beside LF (&), turn $\frac{1}{4}$ L pointing R toes to R side (7), lift R knee up beside LF (&), turn $\frac{1}{4}$ L pointing R toes to R side (8) 6.00

#B3 (17-24) R Forward Mambo, L Back Mambo, R Forward Diagonal Jump & L Close, Knee Splits, L Back Diagonal Jump & R Close, Knee Splits

- 1&2** Rock RF forward (1), recover weight on LF (&), close RF beside LF (2) 6.00
- 3&4** Rock LF back (3), recover weight on RF (&), close LF beside RF (4) 6.00
- &5&6** Jump RF forward to R diagonal (&), close LF beside RF (5), split both knees outward (&), return both knees (6) 6.00
- &7&8** Jump LF back to L diagonal (&), close RF beside LF (7), split both knees outward (&), return both knees (8) 6.00

#B4 (25-32) R Forward Mambo, L Back Mambo, R Jazz Box Cross

- 1&2** Rock RF forward (1), recover weight on LF (&), close RF beside LF (2) 6.00
- 3&4** Rock LF back (3), recover weight on RF (&), close LF beside RF (4) 6.00
- 5-8** Cross RF over LF (5), step LF back (6), step RF to R side (7), cross LF over RF (8) 6.00

Ending: Dance Part B until count 28, then change R Jazz Box Cross to R Jazz Box ½ R, finishing at 12.00 o'clock.

Contacts: -

***1. winsonews@gmail.com**

***2.pennytanml@hotmail.com**

***3. nina.teach.dance@gmail.com**

Tel: 60172790733

COPPERKNOB (144.217.101.242)