

Mack the Knife

RELEASED: 10/12/2022

CHOREO: Yuka Hayami
ADDRESS: 14-6 Sakura-machi, Anjo-shi, Aichi 446-0041, Japan
E-MAIL: lunar_corona21@yahoo.co.jp
MUSIC: "Mack the Knife" Always & Forever by Empress Orchestra
SOURCE: Itunes or Amazon download
RHYTHM: TWO STEP
PHASE (+): II+1(Fishtail)
FOOTWORK: Opposite unless indicated (*W: Woman's footwork in italics*)
SEQUENCE: Intro A A B B A Ending

PHONE: +81-90-8079-6201
TOTAL TIME: 2:22
DIFFICULTY: Average
SPEED: 92% (MPM39)

INTRODUCTION

1 - 4 WAIT 2 MEASURES;; APART POINT; TOGETHER TOUCH (SCP/LOD);

- 1 - 2 OP fcg pos fc Wall wait 2 measures;;
3 - 4 {apt pt} apt L, -, pt R twd ptr, -; {tog tch} tog R to SCP LOD, -, tch L, -;

Part A

1 - 8 2 FORWARD TWO STEPS; (fc Wall); TRAVELING BOX w/TWIRL;;; (fc Wall); VINE 4; WALK & PICK UP;

- 1 - 2 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R trng to CP Wall, -;
3 - 6 {trav box w/twrl} sd L, cl R, fwd L, -; trng to RLOD ldg W to LF twirl fwd R, -, fwd L, - (*W trng LF undr jnd ld hnds fwd trn L, -, sd & bk trn R to fc, -*) blind to CP; sd R, cl L, bk R, -; trng to SCP twds LOD fwd L, -, fwd R to CP W, -;
7 - 8 {vin 4} sd L, XRib, sd L, XRif; {wlk & pkup} sd & fwd L, -, fwd R (*fwd L stp in front of M trng LF*) to CP LOD, -;

9 - 16 PROGRESSIVE SCISSORS 2X; (BJO); FISHTAIL; WALK & FACE; 2 TURNING TWO STEPS;; ROCK FORWARD RECOVER; DIP BACK RECOVER;

- 9 - 10 {prog scis 2X} sd L, cl R blindg to SCAR, XLif (*XRib*), -; blindg to CP LOD sd R, cl L blindg to BJO, XRif (*Xlib*), -;
11-12 {fshtl} XLib but not tightly, as bdy comm to trn R take a small stp to sd on R comp 1/4 RF by trn, fwd L with L shld ldg XRib but not tightly; {wlk & fc} fwd L, -, fwd R trng to fc ptr & wall, -;
13-14 {2 trng two stps} sd L, cl R comm RF trn, sd & bk L comp 1/2 RF trn, -; sd R, cl L comm RF trn, fwd R comp 1/2 RF trn fc Wall, -;
15-16 {rk fwd rec} rk fwd L, -, rec R, -; {dip bk rec} bk L & slightly bent L knee R remaining extended, -, rec R to SCP LOD, -;

Part B

1 - 8 CIRCLE AWAY 2 TWO STEPS;; CIRCLE TOGETHER 2 TWO STEPS;; BOX;; LIMP; WALK 2;

- 1 - 4 {circ awy & tog 2 two stps} release ptr contact and begin trav individually LF (*W RF*) circular pattern mvg awy frm ptr fwd L, cl R, fwd L, -; fwd R, cl L, fwd R to both fcg RLOD, -; cont LF (*W RF*) circular pattern twd ptr fwd L, cl R, fwd L, -; fwd R, cl L, fwd R to CP W, -;
5 - 6 {box} sd L, cl R, fwd L, -; sd R, cl L, bk R to Bfly, -;
7 - 8 {limp} sd L, XRib, sd L, XRib; {wlk 2} fwd L twd LOD, -; fwd R, -;

9 - 16 VINE 3 TOUCH; WRAP; UNWRAP; CHANGE SIDES; SIDE TOUCH SIDE TOUCH; SIDE & THRU; BASKETBALL TURN;;

- 9 - 10 {vin 3 tch} sd L, XRib (*W XLib*), sd L, tch R to L; {wrap} sd R, XLib, sd R, tch L keep both hnds jnd ld hnds over W's hd & M's R & W's L at waist level (*W trn LF L, R, L, tch R*);
11-12 {unwrap} release ld hnds M sip L, R, L, tch R (*W unwrap RF to arms length R, L, R, tch L*); {chg sds} fwd R, L, R trn RF (*W fwd L, R, L undr raised M's R & W's L arms trng LF*), - to Bfly COH;
13-14 {sd tch sd tch} sd L, tch R, sd L, tch R; {sd & thru} sd L, -, XRif, -;
15-16 {bball trn} lunge sd L twd RLOD, -, rec R trng RF (*W LF*) to LOP LOD, -; lunge sd L, twd LOD, -, rec R trng RF to Bfly COH, -;

REPEAT Part B(Start from Bfly COH)

ENDING**1 - 8 SLOW OPEN VINE;; LACE UP;;; (Bfly); TWIRL 2; APART POINT w/ JAZZ HANDS;**

- 1 - 2 {slow op vin} sd L, -, XRib of L trng to LOP RLOD, -; trng to fc ptr in Bfly sd L, -, XRif of L trng to OP LOD, -;
- 3 - 6 {lc up} passing bhd W w/ld hnd jnd mvg diag acrs LOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd ld hnds & mvg diag acrs LOD fwd R, cl L, fwd R, -*) to LOP LOD; passing bhd W w/trail hnd jnd mvg diag acrs LOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd trail hnds & mvg diag acrs LOD fwd R, cl L, fwd R, -*) to OP LOD;
- 7 - 8 {twrl 2} M's L & W's R hnd jnd sd & fwd L, -, fwd R, - (sd & fwd R trng 1/2 RF undr jnd hnds, -, sd & bk L cont trng RF, -) to Bfly Wall; {apt pt} apt L, -, pt R twd ptr w/ Jazz Jands, -;

※Jazz Hands...the action of holding your hands up with palms showing and waving them



MUSIC PREVIEW:

MACK THE KNIFE (HEAD CUES)

Rhythm: TWO STEP II+1(Fishtail)

Sequence: Intro A A B B A Ending

Intro:

Op fcg pos fc W wait 2 meas ; ;
apt pt ; tog tch to SCP ;

Part A:

2 fwd two stps ; fc W ;
trav box w/ twrl ; ; ; fc W ;
vin 4 ; wlk & pkup ;
prog scis 2X ; to BJO ckg ; fishtail ; wlk & fc ;
2 trng two stps ; fc W ; rk fwd rec ; dip bk rec to SCP ;

Part A:

2 fwd two stps ; fc W ;
trav box w/ twrl ; ; ; fc W ;
vin 4 ; wlk & pkup ;
prog scis 2X ; to BJO ckg ; fishtail ; wlk & fc ;
2 trng two stps ; fc W ; rk fwd rec ; dip bk rec to Bfly ;

Part B:

circ awy 2 two stps ; ; circ tog 2 two stps ; to Closed W ;
box ; to Bfly ; limp 4 ; wlk 2 ;
vin 3 tch ; wrap ; unwrap ; chg sds ;
sd tch sd tch ; sd & thru ; bball trn ; to Bfly COH ;

Part B:

circ awy 2 two stps ; ; circ tog 2 two stps ; to Closed W ;
box ; to Bfly ; limp 4 ; wlk 2 ;
vin 3 tch ; wrap ; unwrap ; chg sds ;
sd tch sd tch ; sd & thru ; bball trn ; to SCP LOD ;

Part A:

2 fwd two stps ; fc W ;
trav box w/ twrl ; ; ; fc W ;
vin 4 ; wlk & pkup ;
prog scis 2X ; to BJO ckg ; fishtail ; wlk & fc ;
2 trng two stps ; fc W ; rk fwd rec ; dip bk to Bfly W ;

Ending:

slow op vin 4 ; ; ; lc up ; ; ; to Bfly ;
twrl 2 ; apt pt w/jazz hnds ;