

Mack the Knife

CHOREO : Yuka Hayami

MUSIC : "Mack the Knife" Always & Forever by Empress Orchestra

Download from Amazon or iTunes SPEED : 92%

RHYTHM : TWO STEP PHASE : II+1(Fishtail)

SEQUENCE: INTRO-A-A-B-B-A-END

INTRO

1- 4 OP-FCG/Wall WAIT 2 MEAS;; APT PT; TOG TCH to SCP;

PART A

1- 8 2 FWD TWO-STEPS;; TRAV BOX with TWIRL;;;;

VINE 4; WALK PKUP;

9-16 PROG SCIS TWICE to BJO;; FISHTAIL; WALK & FC;

2 TRNG TWO-STEPS fc Wall;; RK FWD REC; DIP BK REC;

PART A

1- 8 (SCP/LOD) 2 FWD TWO-STEPS;; TRAV BOX with TWIRL;;;;

VINE 4; WALK PKUP;

9-16 PROG SCIS TWICE to BJO;; FISHTAIL; WALK & FC;

2 TRNG TWO-STEPS fc Wall;; RK FWD REC; DIP BK REC;

PART B※

1- 8 (SCP/LOD) CIR AWAY 2 TWO-STEPS;; CIR TOG 2 TWO-STEPS;;

(CP) BOX;; (BFLY) LIMP; WALK 2;

9-16 VINE 3 TCH; WRAP; UNWRAP; CHG SD;

(BFLY /COH) SD TCH SD TCH; SD THRU; BASKETBALL TRN;;

PART B※

1- 8 (BFLY/COH) CIR AWAY 2 TWO-STEPS;; CIR TOG 2 TWO-STEPS;;

(CP) BOX;; (BFLY) LIMP; WALK 2;

9-16 VINE 3 TCH; WRAP; UNWRAP; CHG SD;

(BFLY /Wall) SD TCH SD TCH; SD THRU; BASKETBALL TRN;;

PART A

1- 8 (SCP/LOD) 2 FWD TWO-STEPS;; TRAV BOX with TWIRL;;;;

VINE 4; WALK PKUP;

9-16 PROG SCIS TWICE to BJO;; FISHTAIL; WALK & FC;

2 TRNG TWO-STEPS fc Wall;; RK FWD REC; DIP BK REC;

END

1- 8 OP VINE 4;; LACE UP;;;;

TWIRL 2; APT PT with Jazz Hands※※;

注

※PART B 1回目はSCP/LODで始まり、BFLY/COHで終わる。2回目はBFLY/COHで始まり、BFLY/Wallで終わる

※※Jazz Hands つないでいない側の手を横にあげて手のひらを相手に向けて細かく手を振ります