

RAKKAS

PRONUNCIATION : Rock kos

TRANSLATION : Female dancer

MUSIC : CD # 1

METER : 4/4

FORMATION : Semi circle, grab hands, arms down V position

PATTERN

FIG.1

Ct.1 : Step on R to Rt, Facing center

Ct.2 : Step on L to Rt, crossing R

Ct.3 : Step on R to Rt

Ct.4 : Step on L to Rt

Ct.5 : Step on R to Rt with bending knees down

Ct.6 : Two quick bounces on the knees

Ct.7 : Step on L to Lt, bending knees down

Ct.8 : Two quick bounces on both knees in place

Do this step for 4 times first time through, 5 times second and 4 times third time through.

FIG.2

Ct.1 : Step on R to Rt, with facing center

Ct.2 : Hop on R in place, lift L up, facing center

Ct.& : sep on L to Lt with crossing R, facing center

Ct.3 - 4 - & Repeat Ct 1 -2 - &

Ct.5 : Hop on L in place, facing center

Ct.& : Leap on R to Rt

Ct.6 : Leap on L to Rt

Ct.7 : Jump on both down with knees bent

Ct.8 : Jump on both up in place

Ct.& : Hop on L in place, lift R back

Do this step 4 times

FIG.3A

Ct.1 : Step forward on R heel

Ct.& : Small step forward on L

Ct.2 : Step forward on R

Ct.3 : Step forward on L heel

Ct.& : Small step forward on R

Ct.4 : Step forward on L

Ct.5 : Hop forward on L

Ct.& : Leap forward on R

Ct.6 : Leap forward on L
Ct.7 : Hop on L in place , touch R heel in the front
Ct.8 : Hop on R in place, lift L back

FIG.3B

Ct.1 : Jump on both down, with bending knees down
Ct.2 : Two quick bounces up with straight knees.
Ct.3 : Repeat ct.1
Ct.4 : A quick bounce like on ct.2
Ct.& : hop on L in place and lift R in the back.
Ct.5 : Step back on R with bringing the lower body fwd.
Ct 6 : Step fwd on L in place
Ct 7 : Repeat ct.5
Ct.8 : Step on L with a half turn from Rt shoulder

FIG.3C

Ct.1 : Step fwd on R heel with facing back
Ct.2 : Quick step fwd on L
Ct.& : Quick step on R fwd
Ct.3 : Step fwd on L
Ct.4 : Quick step on R
Ct.& : Quick step on L
Ct.5 : Hop on L fwd
Ct.& : Leap fwd on R
Ct.6 : Leap fwd on L
Ct.7 & 8 : Repeat Ct.5 & 6

FIG.3D

Ct.1 : Jump on both in place
Ct.2 : Hop on R in place lift L up to the Rt
Ct.3 : Jump on both in place
Ct.4 : Hop on L in place lift R up to the Lt
Ct.5 : Touch R heel in the front
Ct.6 : Step on R with a half turn rom the Lt shoulder, facing center.
Ct.7 : Touch L heel in the front
Ct.8 : Step on L in place.

to finish;

Repeat FIG.3A and FIG.3B. In the end of FIG.3B instead of turning keep facing center, than a quick step on R fwd and another quick step on L fwd to put it next to R foot. While you do these quick steps say "SAL LA".