

CHEEKAH BOW BOW

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Count: 64

Wall: 4

Level: intermediate

Choreographer: William Ambrose

Music: Cheekah Bow Bow by The Vengaboys

SYNCOPATED KICKS

- 1&2** Kick right foot diagonally forward over left, step right in place, kick left foot diagonally over right
- &** Step left in place
- 3-4** Flick right foot forward twice
- &** Step right in place
- 5&6** Kick left foot diagonally forward over right, step left in place, kick right foot diagonally over left,
- &** Step right in place
- 7-8** Flick left foot forward twice

CHASSE LEFT, RIGHT CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK

- 9&10** Step left to left side, close right beside left, step left to left side
- 11-12** Cross rock right over left, rock back on left
- 13&14** Step right to right side, close left beside right, step right to right side
- 15-16** Cross rock left over right, rock back on right

TRIPLE STEP A ½ TURN LEFT, SIDE TOUCH CROSS STEP, SIDE TOUCH CROSS STEP, KICK BALL STEP

- 17&18** Triple step a ½ turn left stepping left, right, left
- 19-20** Touch right toe to right side, cross step right over left
- 21-22** Touch left toe to left side, cross step left over right
- 23&24** Kick right foot forward step right in place, step left in place

HEEL AND TOE SWIVELS LEFT THEN RIGHT,

- 25&26** Swivel both heels left, swivel both toes left, swivel both heels left
- &** Swivel both toes left

27&28 Repeat 25&26

29-32 Repeat above but go right

Option: on steps 25-32 you can also do pigeon toes or apple jacks for advanced dancers

MONTEREY TURN RIGHT, KICK BALL CHANGE, HEEL JACK

33-34 Touch right toe to right side, on ball of left foot turn a $\frac{1}{2}$ turn right while stepping right back to place,

35-36 Touch left toe to left side, step left in place

37&38 Kick right foot forward, step ball of right in place, step left in place

& Step back on right,

39&40 Touch left heel forward, step left back in place, touch right beside left,

RIGHT SHUFFLE FORWARD, $\frac{1}{4}$ TURN LEFT SHUFFLE LEFT FORWARD, SHUFFLE RIGHT BACK, $\frac{1}{2}$ TURN LEFT SHUFFLE LEFT FORWARD

41&42 Step right forward, close left beside right, step forward on right

43&44 On ball of right turn a $\frac{1}{4}$ turn left while stepping left forward, close right beside left, step forward on left

45&46 Step back on right, close left beside right, step back on left,

47&48 On ball of right turn a $\frac{1}{2}$ turn left while stepping forward on left, close right beside left, step left forward

$\frac{1}{4}$ TURN RIGHT SHUFFLE RIGHT FORWARD, SHUFFLE LEFT BACK, $\frac{1}{2}$ TURN RIGHT SHUFFLE RIGHT FORWARD, CHASSE LEFT

49&50 On ball of left turn a $\frac{1}{4}$ turn right while stepping forward on right, close left beside, right, step forward on right

51&52 Step back on left, close right beside left, step back on left

53&54 On ball of left turn a $\frac{1}{2}$ turn right while stepping forward on right, close left beside right, step right forward

55&56 Step left to left side, close right beside left, step left to left side

KICK BALL TOUCH, CROSS UNWIND A $\frac{1}{2}$ TURN RIGHT, KICK BALL TOUCH, CROSS UNWIND A $\frac{3}{4}$ TURN RIGHT

57&58 Kick right foot forward, step right in place, touch left toe to left side

59-60 Cross left over right, unwind a $\frac{1}{2}$ turn right, (weight ends on left foot)

61&62 Repeat 57&58

63-64 Cross left over right, unwind a $\frac{3}{4}$ turn right, (weight ends on left foot)

REPEAT

TAG

Performed after the 2nd wall. Repeat the last 8 counts of the dance twice, but change the $\frac{1}{2}$ turn to a $\frac{1}{4}$ turn. The $\frac{3}{4}$ turn stays the same