

Pokarekare Ana

32 count, 4 wall, beginner/intermediate level
Choreographer: Judith Campbell (NZ) May 2002
Choreographed to: Pokarekare Ana by Marie
Haslemore, Album: Kotahi Te Miriona (112 bpm)

Intro: 16 counts

CROSS ROCK – RECOVER – SIDE ROCK – RECOVER:

- 1 Cross R fwd (45deg L), (leaving L ball of ft on floor raising heel off floor).
- 2 Recover back onto L (lowering L heel to floor)
- 3 Step/Rock R to R side (leaving L ball of ft on floor raising heel off floor).
- 4 Recover back onto L (lowering L heel).

CROSS ROCK – RECOVER – SIDE SHUFFLE TO R:

- 5 6 Cross R (45deg L) over in front of L, recover back onto L.
- 7&8 Shuffle to R side on R ft, (RLR).

CROSS ROCK – RECOVER – SIDE ROCK – RECOVER:

- 1 2 Cross L (45deg R) over in front of R, recover back onto R.
- 3 4 Step/Rock L to L side, recover onto R

CROSS ROCK – RECOVER – SIDE SHUFFLE TO R:

- 5 6 Cross L ft (45deg R) over in front of R, recover back onto R.
- 7&8 Shuffle to L side on L ft, (LRL).

(All the cross rocks and side rocks are done as described in the first 4 counts, this helps to keep the steps flowing rather than jerky movements – use plenty of hips)

STEP LOCK STEP – STEP LOCK STEP – STEP ½ PIVOT – SAILOR:

- 1 2 & Step fwd on R, lock L behind R, step R next to L (&),
- 3 4 & Step fwd on L, lock R behind L, step L next to R (&),
- 5 6 Step fwd on R. ½ pivot to L, (weight over L ft).
- 7&8 Step R behind L, step L to L, step R in place (sailor).

DOUBLE KICK - STEP TOUCH – TOUCH PIVOT – TOUCH PIVOT:

- 1 2 Kick L ft twice across the front of R ft.
- &3 4 Step L next to R (&), touch/tap R to R side, hold.
- &5 6 Touch R ft to side of L leg (&), step fwd (45degR) on R, pivot 1/8 to L.
- &7 8 Touch R ft to side of L calf (&), step fwd (45degR) on R, pivot 1/8 to L.
(Swing hips on the pivots)