

'IKO IKO'

(pronounced 'eye-kohw eye-kohw')

A 32-count, 2-wall, intermediate-level line dance*

Choreographer: **HEDY McADAMS**, Palo Alto, CA (San Francisco Bay Area) ~ phone/fax: 650-322-6760 ~ hedy@bjt.net

Teaching note To confirm that you have the latest step sheet, "e" or call Hedy or visit her web site: www.hedymcadams.com

Music/tempo: recommended: "IKO IKO" by The Zydeco Flames, 192/96* bpm, 56-ct lead, "Burnin' Up the Tracks" CD
teaching: "DANCE

AND SHOW OFF" by Rockin' Sydney, 160/80* bpm, 48-ct. lead, "My Toot Toot" CD

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A SIDE/TOG/SIDE – SIDE/TOG/TURN PIVOT/STEP – PIVOT/STEP – TOE/HEEL – PUSH/HEEL

Home/original wall=12:00 o'clock, begin with weight left (L)

- 1&A Step R to right – Slide L foot beside R
2 Step R to right
3& Step L to left – Slide R foot beside L
4 Turn body $\frac{1}{4}$ left [9:00] and step L forward
5& Step ball of R forward at a diag right & pivot (on ball of L) into a $\frac{1}{4}$ turn left [6:00] – Shift weight L
6& Step ball of R forward at a diag right & pivot (on ball of L) into a $\frac{1}{4}$ turn left [3:00] – Shift weight L
7& Step toe of R forward – Snap R heel down
8& **Push off**^B from ball of L (keeping weight forward, over R leg) & lift up on ball of R – Snap R heel down

B TOE/HEEL – PUSH/HEEL – TOE/HEEL – PUSH/HEEL CROSS/HEEL – TOE/CROSS – TOE/CROSS – TURN/HEEL

Facing 3:00, weight is R

- 1& Step ball of L forward – Snap L heel down
2& **Push off**^B from ball of R (keeping weight forward, over L leg) & lift up on ball of L – Snap L heel down
3& Step ball of R forward – Snap R heel down
4& **Push off**^B from ball of L (keeping weight forward, over R leg) & lift up on ball of R – Snap R heel down
5& Cross-step ball of L over R – Snap L heel down
6 Step ball of R to right^C
& Step L directly right (drop to full weight – cross R)
7 Step ball of R to right^C
& Step L directly right (drop to full weight – cross R)
8 Turn body $\frac{1}{4}$ left [12:00] & step back on ball of R
& Snap R heel down

C BACK/TOG/BACK – BACK/TOG/BACK BACK/TOG/FORWARD/SCOOT – STEP/STOMP/STOMP

Facing 12:00, weight is R

- 1& Step L back on diagonal left – Step R beside L
2 Step L back on diagonal left
3& Step R back at diagonal right – Step L beside R
4 Step R back at diagonal right
5& (begin coaster step) Step L back – Step R beside L
6 Step L forward
&7 Scoot forward on L (lift R knee) – Step R forward
& Stomp L (slightly) forward
8 Stomp R (slightly) forward

D SIDE/SLIDE – TURN/SNAP – PIVOT/STEP TOUCH/SLIDE PUSH/CROSS – PUSH/CROSS TOE/HEEL – ROCK/RECOVER

Facing 12:00, weight is R

- 1& Step L to left – Slide R beside L
2 Turn $\frac{1}{4}$ left [9:00] and step L heel forward
& Snap L toe down
3& Step ball of R forward at a diag right & pivot (on ball of L) into a $\frac{1}{4}$ turn left [6:00] – Shift weight L
4 Touch R toe forward on a diagonal right
& Slide R toe (slightly) back and across L foot as you snap R heel down (shifting weight R)
5 Place ball of L on a diag. (back & left) & push up^D
& Slide-step R across L (drop to full weight)
6 Place ball of L on a diag. (back & left) & push up
& Slide-step R across L (drop to full weight)
7 Step ball of L back on a diagonal left
& Snap L heel down (opt: lift R foot)
8 (opt: swing R foot clockwise, then...) Rock back on R
& Rock forward on L (in place)

^A"&" counts follow whole counts in order to convey basic

Cajun/Zydeco styling, up on first beat, down on second beat

^BPlace ball of "push-off" foot slightly back and to the side (right for R foot, left for L foot) for balance and comfort.

^CLift R knee and point knee to right before stepping ball of R to the right and "push up" as you progress directly right.

^DNote that you progress back on a diagonal left for counts D5-7.

BEGIN AGAIN

Reset "clock" at 12:00.

*Music is counted slowly to create a 32-count teaching tool for what is really a 64-count dance.