

## South African **Sokkie** Variations

Pronounced "saw-key" but with short syllables

Derived from the Dutch word for socks (sokken)—dancing in your socks

Mostly danced by Dutch (Afrikaner) South Africans

Descriptions by Richard Powers and Nick Enge

- **Basic One-Step** backing the Follow, with a slight almost-leap pulse. Leads usually begin forward L, Follows back L, but not always. Lead with a Body Lead to get started.
- **Turn in Place** - Stop traveling and turn CW, stepping in place.
- **Basic Rockaway** - The Follow falls away CW to the outside, rocking back on the R foot. This is often used to resynchronize footwork after some swing moves. Practice with rocking back on count 1.
- **3-Count Boogie** - Rock back on your first foot (her R; his L); Inside Turn in 2 steps, then rocking back on your second foot (her L; his R); Waist Slide, rocking back your first foot, etc.
- **Entrance into 3-Count Boogie** - From a One-Step, the Lead lets the Follow fall straight back (not a Rockaway) into a rock step. It works a bit better if the rock step is on a count 1 of the music.
- **Exit out of 3-Count Boogie** - After a Waist Slide, or any swing move, the Lead draws his partner into closed position then leads her to Rockaway. That Rockaway is a signal to the Follow that a basic one-step is next.
- **Toss Across** - Lead a Rockaway but just to one arm, releasing held hands. Repeat into Flip-Flops, which is a 3-count pattern, with the Follow alternately falling back to one side or the other. Follow's hint: The step after the rock step crosses through toward LOD, not just replacing weight.
- **Rockaway Pivot** - During the 2 counts of a Follow's Rockaway (cts 1-2), the Lead is passing by on the inside lane (keeping waltz position), to get Over the Top on the 3<sup>rd</sup> step (pivot), continue with the second pivot step on 4. Rockaway recovery on 5-6.
- These can be **Multiple Pivots**, which is easier.
- **Rockaway Dip** – It's just that, with a tango dip to the Lead's left side on count 3 after a Rockaway.
- **Cradle Wheel** - Rock step then two-hand Inside Turn to Cradle Position. Then walk around each other CW. The Lead walks forward around her more than she backs up.
- **Matador Wheel** - Rock step then two-hand Outside Turn with the rear hand held as low as possible, ending comfortably low behind the Follow's back. Walk around each other CW, Follow forward.
- **Cradle Wheel to Matador Wheel to Cradle Wheel** - From a wheeling Cradle, double unwind (Outside Turns) keeping the other hand low. Double rewind (Inside Turns) keeping the other hand low.

Thanks to Nick Enge for his assistance in this.