

Africa Waka (舞動非洲) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Ingrid Kan (TW) - 2010年05月

Musik: Waka Waka (This Time for Africa) - Shakira : (CD: Official 2010 Fifa World Cup Song)



第一段 Hip Bumps R,L, R Rock L Recover, R Coaster Step 右推臀, 左推臀, 下沉 回復, 海岸步

- 1&2 Step right diagonally forward and bump right hip forward, back, forward 右足右斜前推臀, 後推臀, 前推臀
- 3&4 Step left diagonally forward and bump left hip forward, back, forward 左足左斜前推臀, 後推臀, 前推臀
- 5-6 Rock right forward, recover to left 右足前下沉, 左足回復
- 7&8 Step right back, step left together, step right forward
右足後下沉, 左足併踏, 右足前踏

第二段 Hip Bumps, R Turning 1/2 Hip Bumps, Jazz Box(Touch) 推臀, 轉推臀, 爵士方塊帶點

- 1&2 Step left forward and bump left hip forward, back, forward
左足前踏左前推臀, 後推臀, 前推臀
- 3&4 Turn 1/2 right (weight to right) and bump right hip forward, back, forward 右轉180度右足前踏右前推臀, 後推臀, 前推臀
- 5-6 Cross L Over R, Step Back on R
左足於右足前交叉踏, 右足後踏
- 7-8 Step R to Right, touch R next to L 右足右踏, 右足併踏

RESTART: will happen in the 4rd rotation (only dance 16 counts)
第四面牆跳至此, 從頭起跳

第三段 Hip Bumps R,L, R Rock L Recover, R Sailor Turn R 1/4 右推臀, 左推臀, 下沉 回復, 1/4轉水手

- 1&2 Step right diagonally forward and bump right hip forward, back, forward 右足右斜前推臀, 後推臀, 前推臀
- 3&4 Step left diagonally forward and bump left hip forward, back, forward
左足左斜前推臀, 後推臀, 前推臀
- 5-6 Rock right forward, recover to left 右足前下沉, 左足回復
- 7&8 Cross right behind left, step left to side turn R 1/4, step right to side 右足於左足後交叉踏, 右轉90度左足左踏, 右足右踏

第四段 Hip Bumps L,R,L Step Turn R 1/2, Shuffle 1/2 Turn R 左推臀, 右推臀, 踏 轉, 轉交換

- 1&2 Step left diagonally forward and bump left hip forward, back, forward
左足左斜前推臀, 後推臀, 前推臀
- 3&4 Step right diagonally forward and bump right hip forward, back, forward 右足右斜前推臀, 後推臀, 前推臀
- 5-6 L Step turn R 1/2 (weight on right)
左足前踏, 右軸轉180度(重心在右足)
- 7&8 Shuffle 1/2 Turn to R (Stepping L,R ,L)
右180度轉交換-左, 右, 左