

Waka Waka

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Karianne Heimvik (NOR) - February 2020
音乐: Waka Waka (This Time for Africa) - Shakira : (Album: Freshlyground)



Dedicated to my son Tristan who asked his mum to make a dance to this song.
I love you Tristan, you are my heart!

(1-8) right rockstep, triplestep, left rockstep, triplestep

1,2 rock RF to right, recover weight to LF
3&4 step RF in place, step LF in place, step RF in place
5,6 rock LF to left, recover weight to RF
7&8 step LF in place, step RF in place, step LF in place

(9-16) fwd rockstep, triplestep, back rockstep, triplestep

1,2 rock RF fwd, recover weight to LF
3&4 step RF in place, step LF in place, step RF in place
5,6 rock back on LF, recover weight to RF
7&8 step LF in place, step RF in place, step LF in place

(17-24) jump fwd 1/8 turn, jump back, jump fwd 1/8 turn, jump back

&1,2 jump fwd RF with 1/8 turn to right, hold
&3,4 jump back in place LF, hold
&5,6 jump fwd RF with 1/8 turn to right, hold
&7,8 jump back in place LF, hold

(25-32) backwards full circle paddleturn

1,2,3,4,5,6,7,8 with weight on LF use the toes on RF to push into a 1/8 turn to right,
repeat for all 8 counts and you will have completed a full circle.

On count the 8 touch RF next to LF to make the start of the dance easier.

Be sure to have you weight on your LF for all 8 counts.

End of dance!

Enjoy, remember to smile, and have fun!
Style it as you wish!