

EZ Waka Waka

COPPER KNOB
BY STEPHENETS

拍数: 0 墙数: 0 级数: Phrased High Beginner Zumba
编舞者: Winnie Yu (CAN) - June 2010
音乐: Waka Waka (This Time for Africa) - Shakira : (The Official 2010 Fifa World Cup Song)



Sequence: ABCD ABCDD ABDD AE

Intro:10 count

*** This is dedicated to The Salvation Army Women's Camps 2010 - Line Dance Workshop

Sec. A: R & L (HEEL FORWARD, TOE BACK) X 3, HEEL FORWARD, STEP WITH CLAP HANDS

1-2 Touch right heel forward to the L diagonal, Touch right toe back
3-4-5-6 Repeat counts 1-2 two times
7-8 Touch right heel forward to the L diagonal, Step diagonal to the R and clap hands
9-16 Repeat count 1 to 8 start with L foot (Mirror image to L)
17 - 32 Repeat count 1 to 16

Sec. B: SHUFFLE ¼ RIGHT, TOUCH, SHUFFLE ½ LEFT, TOUCH ¼ RIGHT, (TOUCH, STEP)

1-2-3-4 Make a ¼ turn right and stepping forward on right (3:00), Step left next to right, step forward on right, touch left foot next to right

Optional arms: Spread out your arms and move in a circular direction (right hand going clockwise, left hand going counter-clockwise) 2 times

5-6-7-8 Make a ½ turn left and stepping forward on left (9:00), Step right next to left, step forward on left, Make a ¼ turn right, touching right foot next to left (12:00)

Optional arms: same as count 1 to 4

9-10-11-12 Touch R forward, step right foot together, touch L forward, step left foot together
13 - 16 Repeat counts 9-12
17 - 32 Repeat count 1 to 16

Sec. C: (SIDE, SIDE, CHASSE R, SIDE, SIDE, CHASSE L) X 4

1-2-3&4 Small hop right to right side, hop left to left side, hop right to right side, hop left next to right, hop right to right side
5-6-7&8 Small hop left to left side, hop right to right side, hop left to left side, hop right next to left, hop left to left side
9 - 32 Repeat count 1 to 8 – L, R, L 3 times

Sec. D: OUT, OUT, IN, IN, STEP IN PLACE X 4

1-2-3-4 Step right forward to the right diagonal, step left forward to left diagonal, step right backward, step left next to right
Optional arms: Put your arms in a prayer position in front of chest elbows out to side. As you step out on right foot, move your right shoulder to the right side. As you step out on left foot, move your left shoulder to the left side... X 2

5-6-7-8 Step in place – R, L, R, L

Optional arms: Your arms still in a prayer position, rolling your arms outwards 2 times (count 5,6). throws arms over your shoulders 2 times (count 7,8)

9-16 Repeat count 1 to 8

***Ending (Section E): Free styling turning around your body L, R, L, R over 32 counts with your hands up like flying. And put your arms back to a prayer position & pose.**

Please refer to the YouTube video for details of arms movement.

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