

# Waka 'ka

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Waka Waka (This Time for Africa) - Shakira



Start : After 32 Counts

## A. Side Rock - Recover – Cross – Side - Cross – Side Rock - Recover – Cross – Side - Cross

1-2            Rock R to right – L Recover  
3-&-4        Cross R behind L – Step L to left – Cross R over L  
5-6            Rock L to left – R Recover  
7-&-8        Cross L behind R – Step R to right – Cross L over R

## B. Side Touch Swithces – Hop Forward – Swing – Jazz Box – Together

1-&-2        Point R to right – Step R together – Point L to left  
3-4            Hop slightly forward on L – Swing R from back right diagonal to forward left diagonal  
5 - 6        Cross R over L - Step L back  
7-8            Step R to right - Step L together

## C. Right and Left Forward Lock Shuffle – Mambo – Touch Behind – 1/4 Left Turn

1 – a2        Forward shuffle on R-L-R  
3 - a4        Forward Shuffle on L-R-L  
5-&-6        Rock R forward – L Recover – Step R back  
7-8            Touch L back – Turn 1/4 Left dropping L heel down (9:00 - Weight on L)

## D. Out-Out-In-In – Forward Rock - Recover – 1/2 Right Turn - Forward Lock Shuffle

1-2            Step R forward slightly to right – Step L forward slightly to left  
3-4            Step R back to centre – Step L together  
5-6            Rock R forward – L Recover  
7-&-8        Turn 1/2 Right stepping R forward (3:00) – Lock L behind R – Step R forward

## E. Side Mambo – Kick ball Touch

1-&-2        Rock L to left – R Recover – Step L together  
3-&-4        Rock R to right – L Recover – Step R together  
5-&-6        Kick L forward – Step L together – Touch R beside L  
7-&-8        Kick R forward – Step R together – Touch L beside R

## F. Left and Right Samba Whisk – 1/4 Left – Left Samba Whisk - Right Samba Whisk with Cross

1 - a2        Step L to left – Step R slightly behind L – Step L forward  
3 - a4        Step R to right – Step L slightly behind R – Step R forward  
5 - a6        Turn 1/4 Left stepping L to left (12:00) – Step R behind L – Step L forward  
7 - a8        Step R to right – Step L behind R – Cross R over L

## G. Weave – Side Rock/Recover – Extended Cross Shuffle - Together

1-2-3-4      Step L to left – Cross R behind L – Step L to left – Cross R over L –  
5-&-6        Cross L over R – Step R to right – Cross L over R –  
&-7        Step R to right – Cross L over R –  
&-8        Step R to right - Step L together

## H. Forward Rock/Recover – Back – Hop Back and Hitch and Hop back (Peter Pan) – Touch Behind – 1/2 Left – Side Mambo

1-2-3-4      Rock R forward – L Recover – Step R back – Hop R back and hitch L

Styling : As you hop back, lean the upper body forward about 45° and extend R arm Forward and L arm

**backward with R palm facing down and L palm facing up**

- 5-6 Touch L back – Turn ½ Left (6:00 - Weight on R) –  
7-&-8 Rock L to left – R Recover – Step L together

**VARIATION : After Wall 4 facing 6:00**

**A. Out-Out-In-In – Side – 1/4 Left with Hitch – Coaster Step**

- 1-2-3-4 : Step R forward slightly right – Step L forward slightly left Step R back to centre – Step L together  
5-6 : Step R to right – Turn ¼ Left hitching L knee (3:00)  
7-&-8 : Step L back – Step R together – Step L forward

**B. Hip Bumps – Mambo Jump**

- 1-&-2 : Touch R forward bumping hips to right – Bump hips to left – Bump hips to right Dropping R heel down  
3-&-4 : Repeat with L  
5-&-6 : Kick R forward - Pull R back as you hop slightly forward on R – Slide and Touch L forward with body pulled back to a leaning position  
7-8 : Turn 1/4 Right (6:00 -Weight on R) – Step L together

**C. Cross Rock – Recover – Side – Repeat – Mambo Turns**

- 1-&-2 : Cross Rock R over L – L Recover – Step R to right  
3-&-4 : Cross Rock L over R – R Recover – Step L to left  
5-6 : Step R forward – Turn 1/2 Left (12:00 - Weight on L) – Step R forward  
7-8 : Step L forward – Turn 1/2 Right (6:00 - Weight on R) – Step L forward

**D. Side Rock – Recover – Cross behind – Side – Scoot – Hop – Foot Swing – Cross – Full Left Unwind**

- 1-2 : Rock R to right – L Recover  
3-&-4 : Cross R behind L – Step L to left – Scoot R to right  
5-6 : Hop L forward – Swing R from back to front left diagonal  
7-8 : Cross Touch R over L – Unwind full left turn (Weight on L)

**RESTART: On Wall 2 after 48 Counts (Section F) replacing the last Right Samba Whisk (Count 7-&-8) with :**

- &-7-8 : Step R to right – Cross Touch L over R – Unwind a Full Right Turn (6:00 – Weight on L)
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