

B&A Waka Waka

COPPER KNOB
BY STEPHEN

拍数: 112 墙数: 1 级数: Phrased Improver
编舞者: Bryan Ang (MY) & Ann Tan - July 2011
音乐: Waka Waka (This Time for Africa) - Shakira



Sequence: AABC , AABBCD , BBAD

SECTION A (32 counts)

[1-8] Forward Mambo , Right together , Back Mambo, Left Touch, Forward Mambo, Left Together, Back Mambo, Right Together

1&2 Rock Right Forward (1) , Recover On Left (&) , Right Next To Left (2)
3&4 Rock Back On Left (3) , Recover On Right (&) , Touch Left Next to Right (4)
5&6 Rock Left Forward (5) , Recover On Right (&) , Left Next To Tight (6)
7&8 Rock Back On Right (7) , Recover On Left (&) , Right Next To Left (8)

[9-16] Crosses To Right, Crosses To Left

1&2&3&4 Cross Left Over Right (1,2,3,4) , Right To Right Side (&) x 4 (End Step Cross Left Over Right)
5&6&7&8 Cross Right Over Left (5,6,7,8) , Left To Left Side (&) x 4 (End Step Cross Right Over Left)

[17-24] Side Rock , Recover , Together , Side Rock , Recover , Forward Mambo x2

1,2&3,4 Rock Left To Left Side (Push Hips Backwards) (1) , Recover On Right (2) , Left Next To Right (&) , Rock Right To Right Side (Push Hips Backwards) (3) , Recover On Left (4)
5&6 Rock Right Forward (5) , Recover Left (&) , Right Next To Left (6)
7&8 Rock Left Forward (7) , Recover Right (&) , Left Next To Right (8)

[25 – 32] Heel Touch , Recover , Toe Touch , Recover , Hip Bump Forward x2

1&2&3&4 Cross Right Heel Over Left (1) , Recover Left (&) , Touch Right Toe Diagonal Behind (2) , Recover Left (&) , Forward Hip Bumps x2 (3 & 4)
5&6&7&8 Cross Left Heel Over Right (5) , Recover Right (&) , Touch Left Toe Diagonal Behind (6) , Recover Right (&) , Forward Hip Bumps x2 (7&8)

SECTION B (16 counts)

[1-8] Hip Sways With Arm Movements

1,2,3,4 Sway Hips x4 – Left (1) , Right (2) , Left (3) , Right (4) With Namaste Hand On Opposite Direction
5,6 Stomp (5) , Stomp (6) With Namaste Hand Small Circular Motion Upwards x2
7,8 Stomp (7) , Stomp (8) With Hands Thrown Upwards x2

[9-16] Repeat Steps 1-8

SECTION C (32 counts)

[1-8] Full Paddle Turn Left

1,2,3,4,5,6,7,8 Touch Right Forward Doing A Circular Motion Left (Anti Clock Wise)

[9-16] Full Paddle Turn Right

1,2,3,4,5,6,7,8 Touch Left Forward Doing A Circular Motion Right (Clock Wise)

[17 – 24] Right Side Moving Hip Bumps x4 , Forward Hip Bumps x4

1&2&3&4 Hip Bump Right With Slight Right Moving To Side
5,6,7,8 Touch Left Toe Forward (5,6,7,8,) With Hip Bumps x4

[25-32] Side Together, Side Touch , Forward Hip Bumps x4

- 1,2,3,4 Left To Left Side (1) , Right Next To Left (2) , Left To Left Side (3) , Touch Right Next To Left (4)
- 5,6,7,8 Touch Right Toe Forward (5,6,7,8) With Hip Bumps x4

SECTION D (32 counts)

[1-8] Diagonal Forward Right , Side Together Side Touch x2 , Diagonal Forward Left Side Together Side Touch x2

- 1,2,3,4 Right Forward Diagonal (1) , Left Next To Right (2) , Right Forward Diagonal (3) , Touch Left Next To Right (4) – facing 11 o'clock
- 5,6,7,8 Left Forward Diagonal (5) , Right Next To Left (6) , Left Forward Diagonal (7) , Touch Right Next To Left (8) – facing 1 o'clock

[9-16] Diagonal Back Right , Side Together x2 , Diagonal Back Left , Side Together, Side Touch x2

- 1,2,3,4 Right Back Diagonal (1) , Left Next To Right (2) , Right Back Diagonal (3) , Touch Left Next To Right (4) Facing 5 o'clock
- 5,6,7,8 Left Back Diagonal (5) , Right Next To Left (6) , Left Back Diagonal (7) , Touch Right Next To Left (8) Facing 7 o'clock

[17-24] Repeat counts 1-8

[25-32] Side, Together, Side Touch, Side, Together, Side, Hold

- 1,2,3,4 Right To Right Side (1) , Left Next To Right (2) , Right To Right Side (3) , Touch Left Next To Right (4)
- 5,6,7,8 Left To Left Side (5) , Right Next To Left (6) , Left To Left Side (7) , Hold (8)
-