

Combo Linedance

拍数: 0 墙数: 0 级数: Various
编舞者: Louise Elfvingren (NOR) - January 2012
音乐: Whenever, Wherever - Shakira
或: Mamma Maria - Shakira
或: Waka Waka (This Time for Africa) - Shakira



Spår 1: Stretching music

Spår 2: Shakira – Whenever (latin) (Mamma Maria) (one wall routine)

1-4 Walk diag. right forward right-left-right-kick
5-8 Walk back right-left-right-touch right beside left
9-12 Walk diag left forward right-left-right-kick
13-16 Walk back right-left-right-touch right beside left
17-20 Step forward on right, kick left forward, step down left, point right back
21-24 Step forward on right, kick left forward, step down left, point right back
25-28 Step right to right side, left behind right, right to right, touch left beside right
29-32 Step left to left side, right behind left, left to left, touch right beside left

AFTER 32 COUNTS 16 COUNTS HIP BUMPS (SINGLE AND DOUBLE)

START AGAIN. AFTER WALL 2 comes again 16 + 4 COUNTS BEFORE STARTING AGAIN, THE 4 COUNTS EXTRA TAKE RIGHT ARM UP-SIDE-DOWN-DOWN START AGAIN, TOTALLY THIS IS DONE 4 TIMES AND 16 COUNTS EXTRA AFTER WALL 3 AS WELL.

Spår 3: P-Square – Chop my money (disco) (two-wall routine)

1-4 Step right forward, point left to left side, cross left over right, point right to right
5-8 Cross right over left, point left to left, cross left over right, point right to right
9-12 Step right to right, step left behind right, step right to right, touch left beside right
13-16 Step left to left, step right behind left, step left to left, touch right beside left
17-24 repeat 1-8
25-28 Rock right forward, recover onto left, rock right back, recover onto left
29-32 Step right forward, turn ½ left stepping down left, walk right – left

START AGAIN

Spår 4: Shakira – Waka Waka (part 1) (African) (one wall routine)

1-8 Bend forward, shake your butt up and down
9-16 Straighten up shaking stomach forward and back
17-20 Move ¼ left shaking forward and back
21-24 Move ¼ left shaking forward and back
25-28 Move ¼ left shaking forward and back
29-32 Move ¼ left shaking forward and back (back to 12 o clock)
33-36 Bend knees little and move on the spot to the right lifting left leg from floor
37-40 Bend knees little and move on the spot to the left lifting right leg from floor
41-48 Right heel forward, right next to left, left heel forward, left next to right x 2
49-56 Shimmy shoulders to right, shimmy shoulders to left (when shimmy right lean to right and put left toes for balance, and opposite when shimmy to left)

Spår 5: DJ Bobo – Mamaheya (Ghost Train) (One wall routine)

1-8 4 heel fan right foot- 4 heel fan left foot
9-12 Cross right over left, step back on left, turn ¼ right, left beside right
13-16 Cross right over left, step back on left, turn ¼ right, left beside right
17-20 Cross right over left, left to side, right behind left, step down on left

- 21-24 Cross right over left, left to side, right behind left, turn ¼ right step down left
- 25-28 Stomp right, hold, stomp left, hold.
- 29-32 Walk forward right-left, turn ¼ right walk right-left

Spår 6: Merengue – Easy Zumba basic step (one wall routine)

- 1-4 Step right to right twist right sideway, step left next to right, step right to right twisting right sideway, touch left beside right.
- 5-8 Step left to left, twis left sideway, step right next to left, step left to left twisting left sideway, touch right beside left.
- 9-12 Move forward twisting right, left, right, left
- 13-16 Move backward twisting right, left, right, left
- 17-24 Same as step 1-4 but 8 counts
- 25-32 Same as step 5-8 but 8 counts

ARMS: When twisting leg, both arms out, when together arms in front of body

Spår 7: Sensual Bomba (Cowboy Charleston) (one wall routine)

- 1-4 Right forward, step down right beside left, left back, step down beside right
- 5-8 same as 1-4
- 9-12 Tap right foot twice beside left
- 13-16 Tap left foot twice beside right

ARMS: 1-8 forward and back, 9-16 while tapping both arms up and down with the beat

Spår 8: Pitbull-Give me everything (funk) (one wall routine)

- 1-4 Step right little diag and lock left behind, step right forward, touch left beside right.
- 5-8 Step left little diag and lock right behind, step left forward, touch right beside left.
- 9-12 Rock right forward, recover onto left, rock right back, recover onto left (rocking chair)
- 13-16 Cross right over left, step back on left, step right to right, step left beside right (jazzbox)
- 17-20 Step right to right, step left behind, right to right side, lift left leg and shoulders up
- 21-24 Step left to left, step right behind, left to left side, lift right leg and shoulders up
- 25 -32 Step right out little diag, step left out little diag, Step right back to base and step left beside right x 2

Spår 9: Glenn Rogers – Flute (irish) (Baby Khan) (one wall routine)

- 1-4 Step right to right, step left beside, step right to right, touch left beside right
- 5-8 Step left to left, step right beside, step left to left, step down on right
- 9-12 Toes together, heels out, toes together heels our
- 13-16 Tap right heel twice forward, tap right toes twice back
- 17-20 Tap right heel once forward, step down right beside left stomp left foot twice
- 21-24 Tap left heel once forward, step down left beside right, stomp right foot twice
- 25-28 Walk forward right-left-right- kick left and clap
- 29-32 Walk backward left-right-left- kick right clap

Spår 10: Ay-Ay-Ay (latin) (one wall routine)

- 1-2 Rock right diag forward, recover onto left,
- 3&4 Cross right behind left, step left beside right, cross right over left
- 5-6 Rock left diag forward, recover onto right
- 7&8 Cross left behind right, step right beside left, cross left over right
- 9-16 Paddle full turn to the left back to 12 o clock

Spår 11: Boom Boom (latin) (one wall routine)

- 1&2 Step right to right, step left next to right, step right to right (chasse)
- 3-4 Rock left behind right, recover onto right
- 5&6 Step left to left, step right next to left, step left to left (chasse)
- 7-8 Rock right behind left, recover onto left
- 9-16 Repeat 1-8

- 17-20 Rock right forward, recover onto left, rock right back, recover onto left
- 21-22 Step right forward, turn ½ left stepping down on left,
- 23-24 Step right forward, turn ½ left stepping down on left.

Spår 12: Chaka Demus – Twist and shout (twist) individual

Spår 13: Marc Anthony – I need to know (cha cha basic) (one wall routine)

- 1-2 Step right to right, step left beside right
- 3&4 Step right to right, left beside right, right to right (chasse)
- 5-6 Cross left in front of right, recover onto right
- 7&8 Step left to left, right beside left, left to left (chasse)
- 9-10 Cross right in front left, recover onto left
- 11&12 Turn ¼ right stepping right forward, left beside right, right forward (shuffle)
- 13-16 Walk ¾ circle right back to 12 o'clock

Spår 14: Jennifer Lopez – Lets get loud (driftaway cha) (one wall routine)

- 1-2 Tap right forward, tap right right side
- 3&4 Step down right, left, right
- 5-6 Tap left forward, tap left left side
- 7&8 Step down left, right, left
- 9-10 Step right forward, lock left behind right
- 11&12 Step right forward, lock left behind, step right forward
- 13-14 Step left forward, turn ½ right step down on right
- 15&16 Step left forward, right beside left, left forward (shuffle)
- 17-18 Step right to right, left behind right
- 19&20 Step right to right, left beside right, right to right (chasse)
- 21-22 Cross left in front of right, recover onto right
- 23&24 Step left to left, right beside left, left to left (chasse)
- 25-26 Cross right over left, step down on left
- 27&28 Step right back, step left next to right, step right forward
- 29-30 Step left forward, turn ½ right stepping down on right
- 31&32 Step down left-right-left

Spår 15: Miley Cyrus – Who owns my heart (disco) (two wall routine) same as nr 3

- 1-4 Step right forward, point left to left side, cross left over right, point right to right
- 5-8 Cross right over left, point left to left, cross left over right, point right to right
- 9-12 Step right to right, step left behind right, step right to right, touch left beside right
- 13-16 Step left to left, step right behind left, step left to left, touch right beside left
- 17-24 repeat 1-8
- 25-28 Rock right forward, recover onto left, rock right back, recover onto left
- 29-32 Step right forward, turn ½ left stepping down left, walk right – left

Spår 16: Jambo Africa – Tango Africa (African) (one wall routine) same as nr 4

- 1-8 Bend forward, shake your butt up and down
- 9-16 Straighten up shaking stomach forward and back (or belly movements instead)
- 17-20 Move ¼ left shaking forward and back (or belly movements)
- 21-24 Move ¼ left shaking forward and back -"-
- 25-28 Move ¼ left shaking forward and back -"-
- 29-32 Move ¼ left shaking forward and back (back to 12 o'clock)
- 33-36 Bend knees little and move on the spot to the right lifting left leg from floor
- 37-40 Bend knees little and move on the spot to the left lifting right leg from floor
- 41-44 Right heel forward, right next to left, left heel forward, left next to right
- 45-52 Shimmy shoulders to right, shimmy shoulders to left (when shimmy right lean to right and put left toes for balance, and opposite when shimmy to left)

Spår 17: Bachata – Stand by me (slow cha) (one wall routine)

- 1-8 Step right to right, left beside right, step right forward, touch left beside right. Step left to left, step right beside left, step left back, touch right beside left (box forward)
- 9-16 Step right to right, left beside right, step right back, touch left beside right. Step left to left, step right beside left, step left forward, touch right beside left (box backwards)
- 17-20 Step right to right, step left behind right, step right to right, put out left heel forward
- 21-24 Step left to left, step right in front of left, step left to left side, put out right heel forward
- 25-28 Step right forward, turn ½ left, step right forward, hold
- 29-32 Step left forward, turn ½ right, step left forward, hold.

Spår 18: DJ Bobo – Heyamama (part 2) (country walking) (one wall routine)

- 1-4 Walk forward right, left, right, kick left forward and clap
- 5-6 Walk back left, right,
- 7&8 Step left back, step right beside left, step left forward (coasterstep)
- 9-16 Repeat 1-8
- 17-20 Cross right over left, step left back, step right beside left, step down on left (jazzbox)
- 21-24 Repeat step 17-20
- 25-26 Stomp down right with toes pointing right, stomp down left behind right so heels meet, and toes pointing out to left
- 27&28 heels out, heels together, heels out
- 29-30 heels together, heels out
- 31&32 heels out, heels together, heels out

Spår 19: Mohombi – Say Jambo (one wall routine)**Intro: 4 counts, step down right-left-right-left**

- 1-2 Rock right forward, recover onto left
- 3&4 Step right back. Step left beside right, step right forward (coaster step)
- 5-6 Rock left forward, recover onto right
- 7&8 Step left back, step right beside left, step left forward (coaster step)
- 9-10 Rock right side, recover onto left
- 11&12 Cross right over left, left to side, cross right over left (cross shuffle)
- 13-14 Rock left side, recover onto right
- 15&16 Cross left over right, right to side, cross left over right (cross shuffle)
- 17-18 Rock diag right, recover onto left
- 19&20 Step right behind left, left beside right, cross right over left
- 21-22 Rock diag left, recover onto right
- 23&24 Step left behind left, right beside left, cross left over right

Spår 20: Shakira – Waka Waka part 2 (two-wall routine)

- 1&2 Kick right, step right next to left, step down on left (kickball step)
- 3&4 Kick right, step right next to left. Step down on left (kickball step)
- 5-6 Step forward on right, turn ½ left stepping down on left foot
- 7&8 Kick right, step right next to left. Step down on left (kickball step)
- 9&10 Step right to right, step left beside right, step right to right (chasse)
- 11-12 Rock left behind right, recover onto right
- 13&14 Step left to left, step right beside left, step left to left (chasse)
- 15-16 Rock right behind left, recover onto left

Spår 21: Latino Fitness – Don't stop believing (hip bumps and sways moving in circle)**Individual****Spår 22: Donato y Estefano – De Hombre a Mujer (slow driftaway cha) (one wall routine) same as nr 14**

- 1-2 Tap right forward, tap right right side
- 3&4 Step down right, left, right

5-6	Tap left forward, tap left left side
7&8	Step down left, right, left
9-10	Step right forward, lock left behind right
11&12	Step right forward, lock left behind, step right forward
13-14	Step left forward, turn ½ right step down on right
15&16	Step left forward, right beside left, left forward (shuffle)
17-18	Step right to right, left behind right
19&20	Step right to right, left beside right, right to right (chasse)
21-22	Cross left in front of right, recover onto right
23&24	Step left to left, right beside left, left to left (chasse)
25-26	Cross right over left, step down on left
27&28	Step right back, step left next to right, step right forward
29-30	Step left forward, turn ½ right stepping down on right
31&32	Step down left-right-left

Spår 23: Don Omar – Danza Kudoro (jogging around), start individual making an eight, and then everybody slowly jogs into a big ring, and run after their own mind, those who want to run faster can run outside the ring. If you want to change direction and run other way, please do.

Spår 24: Stretching music

Combo Linedance

is a conditioning workout with linedance steps to short tracks that floats into each other so you start the next routine same moment music starts if the stepsheet says nothing else. That means sometimes first step can be difficult to fit in but that is okay, just continue.

It is one wall routines except in 3 routines where it is two walls.

Combo can be done in different levels, newcomers for learning basic steps, improvers with different combinations or intermediate with tougher routines, This one that I have choreographed is at improver level. Most basic steps are included, I left some out like sailorstep and nightclub2step and waltz.

Combo Linedance means it combination/mix ...

and the creator of the new concept Combo Linedance is Louise Elfvengren Olatoye from Stockholm Sweden. Crazy Cats Linedance Studio www.crazycat.se email: louise@crazycat.nu

The music from this routine is available at CD and stepsheet can be taken out from homepage.

Videos will be made soon and published on youtube.com
