

Afrika

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Partyfor2 (ES) - September 2014
音樂: Waka Waka (This Time for Africa) (feat. Freshlyground) - Shakira : (CD: Waka Waka, This Time for Africa - The Official 2010 FIFA World Cup Song - Single)



Intro: 32 counts

SIDE OUT-OUT, IN-IN, ROCK BACK, TRIPLE STEP

1-2 Step right side, step left side
3-4 Step right home, step left together
5-6 Rock right back, recover to left
7&8 Triple in place right-left-right

SIDE OUT-OUT, IN-IN, ROCK STEP BACK, TRIPLE STEP

1-2 Step left side, step right side
3-4 Step left home, step right together
5-6 Rock left back, recover to right
7&8 Triple in place left-right-left

Optional for 7&8 and 15&16: synchronize the movement of feet with two pushes of fists forward, with knuckles of both hands touching each other and arms parallel to the floor in front of the chest. E.g., 7&8 is fists push forward, fists go back to the chest, fists push forward

SHUFFLE FORWARD TWICE (RIGHT-LEFT), OUT-OUT FORWARD, IN-IN BACK

1&2 Chassé forward right-left-right
3&4 Chassé forward left-right-left
5-6 Step right diagonally forward, step left side
7-8 Step right home, step left together

SHUFFLE BACK TWICE (RIGHT-LEFT), OUT-OUT BACK, IN-IN FORWARD

1&2 Chassé back right-left-right
3&4 Chassé back left-right-left
5-6 Step right diagonally back, step left side
7-8 Step right home, step left together

Optional for 21-22 & 29-30: synchronize the movement of feet with the position of hands, both palms touching each other. Arms parallel to the floor on counts 23-24 and 31-32. Go down both hands with a snake-like descending motion from face level to chests level, both palms touching each other

CHASSE, ½ TURN RIGHT & CHASSE, ½ TURN LEFT & CHASSE, MAMBO FORWARD

1&2 Chassé side right-left-right
3&4 Turn ½ right and chassé side left-right-left (6:00)
5&6 Turn ½ left and chassé side right-left-right (12:00)
7&8 Rock left forward, recover to right, touch left together

CHASSE, ½ TURN LEFT & CHASSE, ½ TURN RIGHT & CHASSE, MAMBO FORWARD

1&2 Chassé side left-right-left
3&4 Turn ½ left and chassé side right-left-right (6:00)
5&6 Turn ½ right and chassé side left-right-left (12:00)
7&8 Rock right forward, recover to left, step right together

MOVING FORWARD STOMP-UP & STOMP TWICE(LEFT-RIGHT), ROCK FORWARD, ¼ TURNING LEFT COASTER STEP

1-2 Stomp left slightly forward, stomp left forward (weight to left)

- 3-4 Stomp right slightly forward, stomp right forward (weight to right)
- 5-6 Rock left forward, recover to right
- 7&8 Turn ¼ left and left coaster step (9:00)

MOVING FORWARD STOMP-UP & STOMP TWICE(RIGHT-LEFT), ¼ TURN LEFT AND POINT, HOLD, CLOSE POINT & CLOSE

- 1-2 Stomp right slightly forward, stomp right forward (weight to right)
- 3-4 Stomp left slightly forward, stomp left forward (weight to left)
- 5-6 Turn ¼ left and touch right side, hold
- &7-8 Step right together, touch left side, step left together

REPEAT

RESTART: On wall 2, dance the first 16 counts and Restart again (6:00)

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