

African Vibe

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Chad Manson (UK)
音樂: Africa - E-Type



STEP, HEEL BOUNCE X3 ½ LEFT, BACK ROCK, FORWARD SHUFFLE

1-4 Step right forward, bounce heels three times while making ½ turn left
5-6 Rock left back, recover onto right
7&8 Step left forward, lock right behind left, step left forward

STEP, HEEL BOUNCE X3 ½ LEFT, BACK ROCK, FORWARD SHUFFLE

1-4 Step right forward, bounce heels three times while making ½ turn left
5-6 Rock left back, recover onto right
7&8 Step left forward, lock right behind left, step left forward

HEEL & CROSS TWICE, SIDE ROCK, BEHIND SIDE CROSS

1&2 Touch right heel forward, step right slightly back, cross left over right
3&4 Touch right heel forward, step right slightly back, cross left over right
5-6 Rock right to right, recover onto left
7&8 Cross right behind left, step left to left, cross right over left

HEEL & CROSS TWICE, SIDE ROCK, BEHIND SIDE CROSS

1&2 Touch left heel forward, step left slightly back, cross right over left
3&4 Touch left heel forward, step left slightly back, cross right over left
5-6 Rock left to left, recover onto right
7&8 Cross left behind right, step right to right, cross left over right

CHASSE, ¼ LEFT CHASSE, ¼ LEFT CHASSE, ¼ LEFT SIDE, TOUCH

1&2 Step right to right, close left beside right, step right to right
3&4 ¼ turn left, step left to left, close right beside left, step left to left
5&6 ¼ turn left, step right to right, close left beside right, step right to right
7-8 ¼ turn left, step left to left, touch right beside left

KICK & STEP, WALK TWICE, MASHED POTATO TRAVELING BACKWARDS

1&2 Kick right forward, step right beside left, step left forward (bent knee)
3-4 Step right forward, step left beside right
&5&6 Split heels apart, return heels sliding right heel behind left heel and left heel to right instep,
split heels apart return heels sliding left heel behind right and right heel to left instep
&7&8 Repeat above steps

Easy option: & step back four times

&5 Step right back, step left back
&6&7&8 Repeat

SIDE, BEHIND SIDE CROSS, UNWIND ½ RIGHT, REPEAT

1 Step right to right
2&3 Cross left behind right, step right to right, cross left over right
4 Unwind ½ turn right

Weight end on left

5 Step right to right
6&7 Cross left behind right, step right to right, cross left over right
8 Unwind ½ turn right

Weight end on left

HEEL SWITCHES ¼ RIGHT, & SIDE, HIP ROLL

- 1&2& Touch right heel forward, replace beside left, touch left heel forward, replace beside right
3&4& ¼ turn right touch right heel forward, replace beside left, touch left heel forward, replace beside right
5 Step right to right

Position: shoulder width apart

- 6-8 Rotate hips to the left over 3 counts

Weight end on left

REPEAT

RESTART

On wall 3, dance to count 32, then restart dance facing 12:00

TAG

After wall 5, facing 12:00, do the following 16 counts

- 1 Step right to right
2&3 Cross left behind right, step right to right, cross left over right
4 Hold 1 count
5-8 Unwind ½ turn right over 4 counts

Weight end on right

- 1 Step left to left
2&3 Cross right behind left, step left to left, cross right over left
4 Hold 1 count
5-8 Unwind ½ turn left over 4 counts

Weight end on left

ENDING

After wall 7, facing 12:00, do the following 4 counts

- &1 Jump forward, feet apart
2-4 Rotate hips to the left over 3 counts
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