

African Beats

拍數: 0 牆數: 1 級數: Phrased Improver Novelty
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音樂: Waving Flag - David Bisbal & K'naan



Sequence: A B C D – A B C D – 2 x C Count 1 – 16, 2 x Count 17 – 32, D

Part A

(1 – 8) Stomp side, claps (knee, hips, hands), ½ turn left & stomp, claps (knee, hips, hands)

1, 2 Stomp RF to right side and clap hands on knees
3, 4 Clap hands on hips, clap hands together
5, 6 Turn ½ left, stomp LF to left side and clap hands on knees
7, 8 Clap hands on hips, clap hands together

(9 – 16) ½ Turn left & stomp, claps (knee, hips, hands) twice

1, 2 Turn ½ left, stomp LF to left side, clap hands on knees
3, 4 Clap hands on hips, clap hands together
5, 6 Turn ½ left, stomp LF to left side, clap hands on knees
7, 8 Clap hands on hips, clap hands together

(17 – 24) Step diagonal forward, stomps, step diagonal forward, stomps

1 Make a big step diagonally forward with RF
2, 3, 4 Stomp LF 3 times, each time a little bit closer to RF
5 Make a big step diagonally forward with LF
6, 7, 8 Stomp RF 3 times, each time a little bit closer to LF

(25 – 32) Step diagonal back, stomps, step diagonal forward, stomps

1 Make a big step diagonally backward with RF
2, 3, 4 Stomp LF 3 times, each time a little bit closer to RF
5 Make a big step diagonally backward with LF
6, 7, 8 Make a big step diagonally forward with LF

Repeat Counts 1 – 32

Part B

(1 – 8) Stomp forward, steps forward, touch, stomp back, steps back, touch beside

1, 2 Stomp RF forward, stomp LF forward
3, 4 Make step forward with RF and touch left
5, 6 Stomp LF backward, stomp RF backward
7, 8 Step LF backward and touch RF next to LF.

Counts 1-4: lift up straight arms slowly. Counts 5-8: lower straight arms slowly

(9 – 16) Stomp side, full circle turn with claps, stomp side, full circle turn with claps

1 Stomp RF to right side
2, 3, 4 Dance a complete circle over right shoulder with 3 steps, touch LF next to RF
5 Stomp LF to left side
6, 7, 8 Dance a complete circle over left shoulder with 3 steps, touch RF next to LF

At the end of count 4 clap hands to right side, at the end of count 8 clap hands to left side

Repeat Counts 1 – 16 of part B

Part C

(1 – 8) Slide step diagonal, slide & touch, twice

- 1 Make sliding step diagonally forward with RF
- 2, 3 Close LF to RF and make another sliding step diagonally forward with RF
- 4 Close LF to RF
- 5 Make sliding step diagonally forward with LF
- 6, 7 Close RF to LF and make another sliding step diagonally forward with LF
- 8 Close RF to LF

(9 – 16) Steps back, touch beside, body roll + Arm Roll

- 1, 2 Step RF backward, step LF backward
- 3, 4 Step RF backward and touch LF next to RF
- 5 – 8 Make full turn over left shoulder with 4 steps in place, with arms lifted up while waving in circles twice counter clockwise

(17 – 24) stomp, small steps forward, stomp, small steps forward

- 1, 2 Stomp RF forward, make small step forward with LF
- 3, 4 Make small step forward with RF, touch LF next to RF
- 5, 6 Stomp LF forward, make small step forward with RF
- 7, 8 Make small step forward with LF, touch RF next to LF

Lift up right arm during counts 1-4, lift up left arm during counts 5-8

(25 – 32) Stomp, small steps back, stomp, small steps back

- 1, 2 Stomp RF backward, make small step backward with LF
- 3, 4 Make small step backward with RF, touch LF next to RF
- 5, 6 Stomp LF backward, make small step backward with RF
- 7, 8 Make small step backward with LF, touch RF next to LF

Lower right arm during counts 1-4, lower left arm during counts 5-8

Repeat Counts 1 – 32 and then Counts 17 – 32 of part C

Part D

(1 – 16) 2 x Buzz Step R turn - lift arms over the head CW

- 1 – 16 $\frac{1}{4}$ turn right with RF step forward, step on left ball to side. $\frac{1}{4}$ turn right on left ball and step forward with RF. Step on left ball to side and make $\frac{1}{4}$ turn right and step forward with RF. Step on left ball to side. $\frac{1}{4}$ turn right on left ball and step forward with RF, step on left ball to side.

During counts 1-16 lift up arms waving circles clockwise

2 x Buzz Step R turn - lift arms over the head CCW

(17 – 32) Repeat counts 1-16 the other way around waving arms in circles counter clockwise
