

Waka 'ka

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sakti Ngurah - May 2010
音樂: Waka Waka (This Time for Africa) - Shakira



Start : After 32 Counts

A. Side Rock - Recover – Cross – Side - Cross – Side Rock - Recover – Cross – Side - Cross

1-2 Rock R to right – L Recover
3-&-4 Cross R behind L – Step L to left – Cross R over L
5-6 Rock L to left – R Recover
7-&-8 Cross L behind R – Step R to right – Cross L over R

B. Side Touch Swithces – Hop Forward – Swing – Jazz Box – Together

1-&-2 Point R to right – Step R together – Point L to left
3-4 Hop slightly forward on L – Swing R from back right diagonal to forward left diagonal
5 - 6 Cross R over L - Step L back
7-8 Step R to right - Step L together

C. Right and Left Forward Lock Shuffle – Mambo – Touch Behind – 1/4 Left Turn

1 – a2 Forward shuffle on R-L-R
3 - a4 Forward Shuffle on L-R-L
5-&-6 Rock R forward – L Recover – Step R back
7-8 Touch L back – Turn 1/4 Left dropping L heel down (9:00 - Weight on L)

D. Out-Out-In-In – Forward Rock - Recover – 1/2 Right Turn - Forward Lock Shuffle

1-2 Step R forward slightly to right – Step L forward slightly to left
3-4 Step R back to centre – Step L together
5-6 Rock R forward – L Recover
7-&-8 Turn 1/2 Right stepping R forward (3:00) – Lock L behind R – Step R forward

E. Side Mambo – Kick ball Touch

1-&-2 Rock L to left – R Recover – Step L together
3-&-4 Rock R to right – L Recover – Step R together
5-&-6 Kick L forward – Step L together – Touch R beside L
7-&-8 Kick R forward – Step R together – Touch L beside R

F. Left and Right Samba Whisk – 1/4 Left – Left Samba Whisk - Right Samba Whisk with Cross

1 - a2 Step L to left – Step R slightly behind L – Step L forward
3 - a4 Step R to right – Step L slightly behind R – Step R forward
5 - a6 Turn 1/4 Left stepping L to left (12:00) – Step R behind L – Step L forward
7 - a8 Step R to right – Step L behind R – Cross R over L

G. Weave – Side Rock/Recover – Extended Cross Shuffle - Together

1-2-3-4 Step L to left – Cross R behind L – Step L to left – Cross R over L –
5-&-6 Cross L over R – Step R to right – Cross L over R –
&-7 Step R to right – Cross L over R –
&-8 Step R to right - Step L together

H. Forward Rock/Recover – Back – Hop Back and Hitch and Hop back (Peter Pan) – Touch Behind – 1/2 Left – Side Mambo

1-2-3-4 Rock R forward – L Recover – Step R back – Hop R back and hitch L

Styling : As you hop back, lean the upper body forward about 45° and extend R arm Forward and L arm

backward with R palm facing down and L palm facing up

- 5-6 Touch L back – Turn ½ Left (6:00 - Weight on R) –
7-&-8 Rock L to left – R Recover – Step L together

VARIATION : After Wall 4 facing 6:00

A. Out-Out-In-In – Side – 1/4 Left with Hitch – Coaster Step

- 1-2-3-4 : Step R forward slightly right – Step L forward slightly left Step R back to centre – Step L together
5-6 : Step R to right – Turn ¼ Left hitching L knee (3:00)
7-&-8 : Step L back – Step R together – Step L forward

B. Hip Bumps – Mambo Jump

- 1-&-2 : Touch R forward bumping hips to right – Bump hips to left – Bump hips to right Dropping R heel down
3-&-4 : Repeat with L
5-&-6 : Kick R forward - Pull R back as you hop slightly forward on R – Slide and Touch L forward with body pulled back to a leaning position
7-8 : Turn 1/4 Right (6:00 -Weight on R) – Step L together

C. Cross Rock – Recover – Side – Repeat – Mambo Turns

- 1-&-2 : Cross Rock R over L – L Recover – Step R to right
3-&-4 : Cross Rock L over R – R Recover – Step L to left
5-6 : Step R forward – Turn 1/2 Left (12:00 - Weight on L) – Step R forward
7-8 : Step L forward – Turn 1/2 Right (6:00 - Weight on R) – Step L forward

D. Side Rock – Recover – Cross behind – Side – Scoot – Hop – Foot Swing – Cross – Full Left Unwind

- 1-2 : Rock R to right – L Recover
3-&-4 : Cross R behind L – Step L to left – Scoot R to right
5-6 : Hop L forward – Swing R from back to front left diagonal
7-8 : Cross Touch R over L – Unwind full left turn (Weight on L)

RESTART: On Wall 2 after 48 Counts (Section F) replacing the last Right Samba Whisk (Count 7-&-8) with :

- &-7-8 : Step R to right – Cross Touch L over R – Unwind a Full Right Turn (6:00 – Weight on L)
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