

Double Waka (P)

拍數: 32 牆數: 0 級數: Improver Partner
編舞者: Wanda Ryder & Charles Ryder - January 2012
音樂: Waka Waka (This Time for Africa) (feat. Freshlyground) - Shakira : (CD: Waka Waka, This Time for Africa)



Sweetheart position, footwork the same for both.

Start dancing on lyrics

WALK, WALK, SHUFFLE; JAZZ BOX WITH ¼ TURN CHASSE

1-2 Walk right, left forward
3&4 Shuffle right, left, right
5-6 Cross left over right, step right back

Drop right hands

7&8 Left step turn ¼ left, step right together, step left to side (ILOD)

Lady is behind man. Pick up right hands behind man.

WALK, WALK, SHUFFLE; JAZZ BOX WITH ¼ TURN CHASSE

1-2 Walk right, left forward
3&4 Shuffle right, left, right
5-6 Cross left over right, step right back

Drop right hands

7&8 Left step turn ¼ left, step right together, step left to side (RLOD)

Lady is on left side of man. Pick up right hands in front of man.

ROCKING CHAIR, STEP ¼ TURN, BODY TICK

1-2 Rock right forward, recover to left
3-4 Rock right back, recover to left
5-6 Step right forward, ¼ turn left on left (OLOD) Indian position, man behind lady. Hands on lady's hips.
7-8 Body push front twice (contract through abdominals and pulse upper body forward twice)

STEP BEHIND, ¼ TURN SHUFFLE, WINDMILL SHUFFLE TURNS

1-2 Step left to side, step right behind
3&4 Step left ¼ turn left, step right together, step left forward (LOD) Back into sweetheart position.
5&6 Drop left hands, right hands go over lady's head. ½ turn left shuffle, stepping right, left, right. (RLOD)
7&8 Drop right hands, pick up left hands, which go over the lady's head. ½ turn left shuffle, stepping left, right, left (LOD) Back into sweetheart position.

After 3rd repetition, dance these 16 counts

ROCKING CHAIR, ¼ TURN, ¼ TURN

1-2 Rock right forward, recover to left
3-4 Rock right back, recover to left
5-6 Step right forward, ¼ turn left on left. (ILOD)
7-8 Step right forward, ¼ turn left on left.(RLOD)

ROCKING CHAIR, ¼ TURN, ¼ TURN

1-2 Rock right forward, recover to left
3-4 Rock right back, recover to left
5-6 Step right forward, ¼ turn left on left. (OLOD)
7-8 Step right forward, ¼ turn left on left.(LOD)

Repeat first 32 counts for the remaining music.

Based on choreography by Roy Hoeben
