

# 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**

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