

Waka Waka

拍數: 32 牆數: 4 級數: Newcomer - novelty
編舞者: Roy Hoeben (NL) - January 2012
音樂: Waka Waka (This Time for Africa) - Shakira



Start on first beat

Out-out, jazz box with 1/4 turn chasse

1 R step right
Styling: Angle body right, swinging L arm to reach up across body and R arm down past R hip
2 L step left
Styling: Angle body left, swinging R arm to reach up across body and L arm down past L hip
3&4 R step right, L weight to L, R weight to R
Styling: Angle body right, swinging L arm to reach up across body and R arm down past R hip
5,6 L step across R, R step right
7&8 L step 1/4 turn left, R step next to L, L step left
Styling: Angle body left; make fists and roll arms around each other up to left side

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Styling: Angle body left, swinging R arm to reach up across body and L arm down past L hip
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Mambo front, side, back, body tick

1&2 R rock forward, L weight to L, R step next to L
3&4 L rock back, R weight to R, L step next to R
5&6 R rock right, L weight to L, R step next to L
7,8 Body push front x2 (contract through abdominals and pulse upper body forward twice)
Styling: Spread arms out to sides with hands open, palms facing forward or upward

Walk x4, step turn hip circle.

1,2 R walk forward, L walk forward
3,4 R walk forward, L walk forward
5,6 R step forward, roll hips counterclockwise turning 1/4 left (weight ends on L)
7,8 R step forward, roll hips counterclockwise turning 1/4 left (weight ends on L)
Styling: Raise both arms overhead while rolling hips
& Turn 1/4 left to begin the dance again

Tag: After 3rd repetition, dance only the last 16 counts (mambos, walks, hip rolls) and then start from the top. You will be facing 3:00 when this happens.

Have fun!