Wakira (狂野非洲) (zh)

Count: 32 **Wand:** 4 **Ebene:** Intermediate

Choreograf/in: Maggie Gallagher (UK) - 2010年05月

Musik: Waka Waka (This Time for Africa) (feat. Freshlyground) - Shakira : (CD: The Official 2010 Fifa World Cup Song - 3:23)

前奏： Intro: 32 Counts (21 secs) 32拍(約21秒)後起跳

第一段 **Right Samba, Left Samba, Rock Recover, Triple ¾ Turn Right**
右森巴, 左森巴, 下沉 回復, 三步轉3/4

1&2 Cross right over left, Rock left to left side, Recover on right
右足於左足前交叉踏, 左足左下沉, 右足回復

3&4 Cross left over right, Rock right to right side, Recover on left
左足於右足前交叉踏, 右足右下沉, 左足回復

5-6 Rock forward on right, Recover on left, 右足前下沉, 左足回復

7&8 Triple ¾ Right stepping right left right [9]
右270度三步轉-右, 左, 右(面向9點鐘)

第二段 **Walk L Walk R, Left Mambo, Walk Back Stomp Left, Hold, Ball Step**
走 走, 前曼波, 後走 重踏, 候, 併 踏

1-2 Walk forward left, Walk forward right 左足前走, 右足前走

3&4 Rock forward on left, Step back on right, Step back on left
左足前下沉, 右足後踏, 左足後踏

5-6 Walk back right, Stomp back left behind right
右足後走, 左足於右足後重踏

7 HOLD 候

&8 Step right next to left, Step forward on left 右足併踏, 左足前踏

第三段 **Out Out, In In, Rock Recover, Behind Side Cross**
大 大, 小 小, 下沉 回復, 後 旁 前

1-2 Step right forward and out to right side, Step left forward and out to left side 右足右前踏, 左足左前踏

3-4 Step right in next to left, Step left in next to right
右足併踏, 左足併踏

Optional arms for fun! Join hands in prayer position in front of chest elbows out to side. 手勢：雙手於胸前合十
As you step out right roll right shoulder and elbow to right side, As you step out left roll left shoulder and elbow to left side, repeat stepping in 右踏則合十向右, 左踏合十向左

5-6 Rock to right side, Recover on left 右足右下沉, 左足回復

7&8 Cross right behind left, Step left to left side, Cross right over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第四段 **Sway Down Left, Sway Right, Step Up L R, Behind Side Cross, Rock Right Down, Step Up Left 左擺臀, 右擺臀, 左立 右立, 後 旁 前, 下沉, 站立**

1-2 Sway hips to left side bending down on knees, Staying down sway hips over to right side 左擺臀雙膝略彎, 右擺臀雙膝略彎

3-4 Step up on to left, Step up on to right (feet slightly apart)
左足站直, 右足站直(雙腳分開)

5&6 Cross left behind right, Step right to right side, Cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

7-8 Rock to right side bending down on knees, Step up on left to left side
右足右下沉彎雙膝, 左足左踏站直