Hafanana

拍数: 64 **墙数:** 4 **级数:** Intermediate Fun dance

编舞者: Lilian Lo (HK) - August 2016

音乐: Hafanana - Afric Simone : (Album: Best of - iTunes, Amazon.com - 2:56)

Count in: 32 counts from the start of singing (0.16 mins)

(1 - 8) ¼ L, LF fwd, cross behind, LF fwd, cross behind, LF fwd, flick

1 2 3 4 Turn ¼ L stepping LF fwd (1), hold (2), cross RF behind (3), hold (4), @ 9:00

5 6 7 8 Step LF fwd (5), cross RF behind (6), step LF fwd (7), flick RF (8), @ 9:00

(9 – 16) ½ R, RF fwd, cross behind, RF fwd, cross behind, RF fwd, flick

1 2 3 4 Turn ½ R stepping RF fwd (1), hold (2), cross LF behind (3), hold (4), @ 3:00

5 6 7 8 Step RF fwd (5), cross LF behind (6), step RF fwd (7), flick LF (8), @ 3:00

(17 – 24) 1/2 L, LF fwd, ½ L, RF to back, ¼ L, LF to side, drag RF

1 2 3 4 Turn 1/2 L stepping LF fwd (1), hold (2), turn ½ L stepping RF backward (3), hold (4), @ 3:00

5 6 7 8 Turn ¼ L taking big step on LF to side (5), drag RF next to L F shimmying (6,7), hold (8), @ 12:00

(25 – 32) RF fwd, LF fwd, spiral, hook R , run RF- LF-RF

1 2 3 4 Step RF fwd (1), hold (2), step LF fwd (3), spiral and hook R leg across L (4), @ 12:00

5 6 7 8 Run RF-LF-RF (5,6,7), hold (8), @ 12:00

(33 – 40) LF fwd, ½ R, ¼ R, tap LF, ¼ R, tap LF

1 2 3 4 Step LF fwd (1), hold (2), turn ½ R transferring weight to RF (3), hold (4), @ 6:00

5 6 7 8 Turn ¼ R on RF and tap LF to side (5), hold (6), turn ¼ R on RF and tap LF to side (7), Hold (8), @ 12:00

(41 – 48) LF kick, close, RF kick, close, cross, side, tap LF behind, arms out

1 2 3 4 Kick LF (1), close LF to RF (2), kick RF (3), close RF to LF (4) @: 12:00

5 6 7 8 Cross LF over RF (5), step RF to side (6), tap LF behind, extending right arm up and left arm to side (7), hold (8), @ 12:00

(49 – 56) Wrap L-R arm, unwind ½ L, tap LF heel in-out-in, flick LF

1 2 3 4 Wrap L arm across body and then R arm (1,2), unwind ½ turn L (3,4), @ 6:00

5 6 7 8 Tap LF slightly in front of RF, heel in-out-in (5,6 7), flick LF (8), @ 6:00

(57 – 64) LF fwd, ¼ R, cross RF, side LF, tap RF, RF fwd, ¼ L, cross LF, ¼ L, side RF, tap LF

1 2 3 4 Step LF fwd (1), turn ¼ R crossing RF over LF (2), step LF to side (3), tap RF slightly across (4), @ 9:00

5 6 7 8 Step RF fwd (5), turn ¼ L crossing LF over RF (6), turn ¼ R stepping RF to side (7), tap LF next to R (8), @ 3:00

Have fun!

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