

# African Beats

拍数: 0      墙数: 1      级数: Phrased Improver Novelty  
编舞者: Astrid Kaeswurm (DE) - June 2010  
音乐: Waving Flag - David Bisbal & K'naan



Sequence: A B C D – A B C D – 2 x C Count 1 – 16, 2 x Count 17 – 32, D

## Part A

**(1 – 8) Stomp side, claps (knee, hips, hands), ½ turn left & stomp, claps (knee, hips, hands)**

- 1, 2      Stomp RF to right side and clap hands on knees
- 3, 4      Clap hands on hips, clap hands together
- 5, 6      Turn ½ left, stomp LF to left side and clap hands on knees
- 7, 8      Clap hands on hips, clap hands together

**(9 – 16) ½ Turn left & stomp, claps (knee, hips, hands) twice**

- 1, 2      Turn ½ left, stomp LF to left side, clap hands on knees
- 3, 4      Clap hands on hips, clap hands together
- 5, 6      Turn ½ left, stomp LF to left side, clap hands on knees
- 7, 8      Clap hands on hips, clap hands together

**(17 – 24) Step diagonal forward, stomps, step diagonal forward, stomps**

- 1      Make a big step diagonally forward with RF
- 2, 3, 4      Stomp LF 3 times, each time a little bit closer to RF
- 5      Make a big step diagonally forward with LF
- 6, 7, 8      Stomp RF 3 times, each time a little bit closer to LF

**(25 – 32) Step diagonal back, stomps, step diagonal forward, stomps**

- 1      Make a big step diagonally backward with RF
- 2, 3, 4      Stomp LF 3 times, each time a little bit closer to RF
- 5      Make a big step diagonally backward with LF
- 6, 7, 8      Make a big step diagonally forward with LF

**Repeat Counts 1 – 32**

## Part B

**(1 – 8) Stomp forward, steps forward, touch, stomp back, steps back, touch beside**

- 1, 2      Stomp RF forward, stomp LF forward
- 3, 4      Make step forward with RF and touch left
- 5, 6      Stomp LF backward, stomp RF backward
- 7, 8      Step LF backward and touch RF next to LF.

**Counts 1-4: lift up straight arms slowly. Counts 5-8: lower straight arms slowly**

**(9 – 16) Stomp side, full circle turn with claps, stomp side, full circle turn with claps**

- 1      Stomp RF to right side
- 2, 3, 4      Dance a complete circle over right shoulder with 3 steps, touch LF next to RF
- 5      Stomp LF to left side
- 6, 7, 8      Dance a complete circle over left shoulder with 3 steps, touch RF next to LF

**At the end of count 4 clap hands to right side, at the end of count 8 clap hands to left side**

**Repeat Counts 1 – 16 of part B**

## Part C

**(1 – 8) Slide step diagonal, slide & touch, twice**

- 1                    Make sliding step diagonally forward with RF
- 2, 3                Close LF to RF and make another sliding step diagonally forward with RF
- 4                    Close LF to RF
- 5                    Make sliding step diagonally forward with LF
- 6, 7                Close RF to LF and make another sliding step diagonally forward with LF
- 8                    Close RF to LF

**(9 – 16) Steps back, touch beside, body roll + Arm Roll**

- 1, 2                Step RF backward, step LF backward
- 3, 4                Step RF backward and touch LF next to RF
- 5 – 8              Make full turn over left shoulder with 4 steps in place, with arms lifted up while waving in circles twice counter clockwise

**(17 – 24) stomp, small steps forward, stomp, small steps forward**

- 1, 2                Stomp RF forward, make small step forward with LF
- 3, 4                Make small step forward with RF, touch LF next to RF
- 5, 6                Stomp LF forward, make small step forward with RF
- 7, 8                Make small step forward with LF, touch RF next to LF

**Lift up right arm during counts 1-4, lift up left arm during counts 5-8**

**(25 – 32) Stomp, small steps back, stomp, small steps back**

- 1, 2                Stomp RF backward, make small step backward with LF
- 3, 4                Make small step backward with RF, touch LF next to RF
- 5, 6                Stomp LF backward, make small step backward with RF
- 7, 8                Make small step backward with LF, touch RF next to LF

**Lower right arm during counts 1-4, lower left arm during counts 5-8**

**Repeat Counts 1 – 32 and then Counts 17 – 32 of part C**

**Part D**

**(1 – 16) 2 x Buzz Step R turn - lift arms over the head CW**

- 1 – 16             ¼ turn right with RF step forward, step on left ball to side. ¼ turn right on left ball and step forward with RF. Step on left ball to side and make ¼ turn right and step forward with RF. Step on left ball to side. ¼ turn right on left ball and step forward with RF, step on left ball to side.

**During counts 1-16 lift up arms waving circles clockwise**

**2 x Buzz Step R turn - lift arms over the head CCW**

**(17 – 32) Repeat counts 1-16 the other way around waving arms in circles counter clockwise**

---