Waka Waka

拍数: 32

级数: Newcomer - novelty

编舞者: Roy Hoeben (NL) - January 2012

音乐: 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 hip2L step left

Styling: Angle body left, swinging R arm to reach up across body and L arm down past L hip3&4R 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 hip5,6L 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

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 hip2L step left

Styling: Angle body left, swinging R arm to reach up across body and L arm down past L hip3&4R 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 hip5,6L 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

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!





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