Waka Waka 2010

級數: Phrased Improver

編舞者: Esmeralda van de Pol (NL) - May 2010

音樂: Waka Waka (This Time for Africa) - Shakira

Intro : 32 tellen

Sequence: AA B AAA BB AA BB AA

拍數: 0

Part A

- Rock Step Fwd, Triple Full Turn R, Rock Step Fwd, Lock Step Back
- 1-2 Rock fwd on Right, Recover on left
- 3&4 ¹/₂ Turn Right step fwd, Close R next to L,
- 5-6 Rock fwd on Right, Recover on Left
- 7&8 Step back on Left, Cross RF

1/2 Unwind R, Pivot 1/2 R, & Side

- 1-2 Touch RF behind, ½ Turn Right, weight on RF
- 3-4 Step fwd on Left, ½ Turn Right, weight on RF
- &5-6 Close LF next to RF, Right
- 7-8 Step R to the right Side, Flick Left behind R

1⁄4 Turn with Back Rock, Recover, & Side Rock Recover, Side Rock

- 1-2 ¹⁄₄ Turn Right Rock Back on
- &3-4 Close left next to R, R Side Rock, Recover on Left
- &5-6 Close R next to left, ¼ Turn Right Rock Back on
- 7-8 R Side Rock, Recover on Left

4x ¼ Paddle Turn L, R Wizard Step, L Wizard Step

- 1& 14 Turn Left touch Right to the right side, Touch R next to Left
- 2& ¼ Turn Left touch Right to the right side, Touch R next to Left
- 3&4 ¼ Turn Left touch Right to the right side, Touch R next to Left
- 5-6& Step right diagonally forward, lock left behind right, Small step right forward to right diagonal
- 7-8& Step left diagonally fwd, Lock right behind I

Part B

Back Touch R, Back Touch R, Back Touch L, Jump & Hitch

- 1-2 Touch R Back diagonally, Touch R next to left
- 3-4 Touch R back diagonally, Step right next to left
- 5-6 Touch L Back diagonally, touch
- 7-8 Jump on Right foot up, Hitch Left Knee, come back on

Arms Note

- 1 stretch you arms diagonally, left fwd, rig
- 2 arms to the center of your body
- 3-4 the same as 1-2
- 5-6 stretch your arms diagonally, right fwd, left back
- 7 when you jump, both arm in the air
- 8 arms back to the center of your body

Side Step R, Side Step R, Side Step L,

- 1-2 Step right to the right side, Close left next to right
- 3-4 Step right to the right side, Touch left next to right
- 5-6 Step left to the left side, Close right next to left





牆數:2

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