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African Beats

Phrased, 1 Wall, Improver, Novelty Choreographer: Astrid Kaeswurm (DE) June 2010 Choreographed to: Waving Flags by David Bisbal &

K`naan

Sequence: ABCD-ABCD-2xCCount 1-16, 2x Count 17-32, D

Part	Α	
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- 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 1/2 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

- 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

- 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

8 - 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 5, 6 Make small step forward with RF, touch LF next to RF
- 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

- Stomp RF backward, make small step backward with LF 1, 2
- Make small step backward with RF, touch LF next to RF 3,4
- 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 1 – 16 2 x Buzz Step R turn - lift arms over the head C

1/4 turn right with RF step forward, step on left ball to side.

1/4 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

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