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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: 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), $1 / 2$ 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 $1 / 2$ 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 $1 / 2$ left, stomp LF to left side, clap hands on knees
3,4 Clap hands on hips, clap hands together
5,6 Turn $1 / 2$ 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, $8 \quad$ 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 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 $2 \times$ Buzz Step R turn - lift arms over the head C
1-16 $\quad 1 / 4$ 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 $1 / 4$ turn right and step forward with RF. Step on left ball to side. $1 / 4$ 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

