

# African Beats

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**Count:** —

**Wall:** 1

**Level:** Phrased Beginner / Intermediate Novelty

**Choreographer:** Astrid Kaeswurm

**Music:** 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), 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**  $\frac{1}{4}$  turn right with RF step forward, step on left ball to side.  $\frac{1}{4}$  turn right on left ball and step forward with RF. Step on left ball to side and make  $\frac{1}{4}$  turn right and step forward with RF. Step on left ball to side.  $\frac{1}{4}$  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**