

“HAKUNA MATATA”

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MUSIC: *“Hakuna Matata”* by Jimmy Cliff/Lebo M,
Dancelife CD: **Rumba In The Jungle-Gaints Of Latin** Track #13

PHASE & RHYTHM: **Phase V Mambo** [Contact Choreographer for Availability]

SEQUENCE: **INTRO, A, B, C, INT 1, A, B, C(1-16), INT 2, D, B, C(1-16), END**

INTRO

CUDDLE Pos / WALL M's arms arnd W's waist / W's arms on M's shs / lead ft free

1-4 **WAIT;; CUDDLE CUCHS;;**
1-2 ___;___ **[WAIT]** Wait 2 ms CUDDLE POS / WALL M's arms arnd W's waist & W's arms on M's shs both w/ lead ft free;;
3 **QQS** **[CUDDLE CUCH]** CUDDLE POS sd L, rec R, cl L to R, ___ (W CUDDLE POS sd R, rec L, cl R to L, ___);
4 **QQS** **[CUDDLE CUCH]** Sd R, rec L, cl R to L, ___ (W sd L, rec R, cl L to R, ___);

5-8 **CIR / SPT VOLTA w/ Lady's HIP BUMP 4 fc COH;; CUDDLE CUCHS;;**
5 **SS(QQQQ)** **[CIR / SPT VOLTA w/ Lady's HIP BUMPS]** Cir rf arnd W w/ toe heel action sd L, __, xRif, __ fc COH
(W raise arms above head for lf paddle trn action sd R, repl L, sd R, repl L fc WALL);
6 **SS(QQQQ)** Cont cir rf arnd W w/ toe heel action sd L, __, xRif, __ fc WALL (W cont lf paddle trn action sd R, repl L, sd R, repl L fc COH);
7 **QQS** **[CUDDLE CUCH]** CUDDLE POS sd L, rec R, cl L to R, ___ (W CUDDLE POS sd R, rec L, cl R to L, ___);
8 **QQS** **[CUDDLE CUCH]** Sd R, rec L, cl R to L, ___ (W sd L, rec R, cl L to R, ___);

9-12 **CIR / SPT VOLTA w/ Lady's HIP BUMP 4 fc WALL;; CUDDLE CUCHS;;**
9 **SS(QQQQ)** **[CIR / SPT VOLTA w/ Lady's HIP BUMPS]** Cir rf arnd W w/ toe heel action sd L, __, xRif, __
(W lf paddle trn action sd R, repl L, sd R, repl L);
10 **SS(QQQQ)** Cont cir rf arnd W w/ toe heel action sd L, __, xRif, __ fc WALL (W cont lf paddle trn action sd R, repl L, sd R, repl L fc COH);
11 **QQS** **[CUDDLE CUCH]** CUDDLE POS sd L, rec R, cl L to R, ___ (W CUDDLE POS sd R, rec L, cl R to L, ___);
12 **QQS** **[CUDDLE CUCH]** Sd R, rec L, cl R to L, ___ (W sd L, rec R, cl L to R, ___);

PART A

1-6 **BASICS;; OP BRK fc RLOD; Lady SWVL 2 & PT; SLO RISE; CUCH;**
1 **QQS** **[BASICS]** CP / WALL fwd L, rec bk R, cl L to R, ___ (W CP bk R, rec fwd L, cl R to L, ___);
2 **QQS** Bk R, rec fwd L, cl R to L, ___ (W fwd L, rec bk R, cl L to R, ___);
3 **QQS** **[OP BRK]** Bk L, rec fwd R, fwd L rf trn blend to BFY fc RLOD, ___ (W bk R, rec fwd L, fwd R rf swvl blend to BFY fc LOD, ___);
4 **QQ** **[Lady SWVL 2 & PT]** BFY rk sd R, rk sd L, pt R sd, ___ (W BFY stp in pl L swvl lf, stp in pl R swvl rf, pt L fwd LOD between M's legs, ___);
5 **QQS** **[SLO RISE]** Slo rise on L, __, __, __ (W slo rise on R, __, __, __);
6 **QQS** **[CUCH]** Sd R, rec L, cl R to L, ___ (W sd L, rec R, cl L to R, ___);

7-10 **Start X-BODY to UNDERARM TRN;; NY to RLOD; AIDA;**
7 **QQS** **[Start X-BODY to UNDERARM TRN]** BFY / RLOD fwd L, bk & sd R lf trn, cl L to R, ___ (W bk R, fwd L lf trn, sd R, ___);
8 **QQS** Bk R lead W underarm trn, rec fwd L, sd R LOP fc WALL, ___ (W xLif rf underarm trn, fwd R, sd L fc COH, ___);
9 **QQS** **[NY]** Rf trn ck fwd L RLOD, rec bk R lf trn, sd L, ___ (W lf trn ck fwd R RLOD, RLOD, rec bk L rf trn, sd R, ___);
10 **QQS** **[AIDA]** Fwd R LOD, rf trn sd L, bk R AIDA LINE fc RLOD, ___ (W fwd L LOD, lf trn sd R, bk L AIDA LINE fc RLOD, ___);

11-14 **BASIC PATTI-CAKE-TAP;; BASIC PATTI-CAKE-TAP CKing BK;;**
11 **QQS** **[BASIC PATTI-CAKE-TAP]** Bk L, rec fwd R, fwd L, ___ (W bk R, rec fwd L, fwd R, ___);
12 **SS** Swvling lf on L & xing R over L tap R fwd LOD, __, swvling rf on L stp bk R fc RLOD, ___
(W swvling rf on R & xing L over R tap L fwd LOD, __, swvling lf on R stp bk L fc RLOD, ___);
13 **QQS** **[BASIC PATTI-CAKE-TAP CKing BK]** Bk L, rec fwd R, fwd L, ___ (W bk R, rec fwd L, fwd R, ___);
14 **SS** Swvling lf on L & xing R over L tap R fwd LOD, __, swvling rf on L ck bk R split wt fc WALL, ___
(W swvling rf on R & xing L over R tap L fwd LOD, __, swvling lf on R ck bk L split wt fc COH, ___);

15-18 **Lady BOUNCE UNDERARM TRN 4;; Man BOUNCE UNDERARM TRN 4;;**
15-16 ___;___ **[Lady BOUNCE UNDERARM TRN]** Holding w/ split wt lead W lf underarm trn & softly bounce, __, bounce, __: Bounce, __, bounce, __
(W swvl lf under lead hds & softly bounce, __, bounce, __: Bounce, __, bounce shift wt to L fc COH, ___);
17-18 ___;___ **[Man BOUNCE UNDERARM TRN]** Swvl rf under lead hds & softly bounce, __, bounce, __: Bounce, __, bounce shift wt to R fc WALL, ___
(W holding lead M lf underarm trn & softly bounce, __, bounce, __: Bounce, __, bounce, ___);

PART B

- 1-4**
1 QQS **DIAM TRNS w/ SKIPS;;;:**
[DIAM TRNS w/ SKIPS] CP / WALL [danced outsd ptr in loose BJO] fwd L trng lf ¼, sd & bk R, bk L fc LOD, __ (W [danced outsd ptr in loose BJO] bk R trng lf ¼, sd & fwd L, fwd R fc RLOD, __);
- 2** QQS Bk R trng lf ¼, sd & fwd L, fwd R fc COH, __ (W fwd L trng lf ¼, sd & bk R, bk L fc WALL, __);
- 3** QQS Fwd L trng lf ¼, sd & bk R, bk L fc RLOD, __ (W bk R trng lf ¼, sd & fwd L, fwd R fc LOD, __);
- 4** QQS Bk R trng lf ¼, sd & fwd L, fwd R fc WALL, __ (W fwd L trng lf ¼, sd & bk R, bk L fc COH, __);
- 5-8**
5 QQS **BASIC X-BODY to WRAP;; BASIC X-BODY in WRAP to SHAD / WALL;;**
[BASIC X-BODY to WRAP] CP / WALL fwd L, sd & bk R lf trn, sd L, __ (W CP bk R, rec fwd L, fwd R, __);
- 6** QQS Bk R, fwd L lead W lf wrap, cl R to L WRAP POS fc DLC, __ (W fwd L, fwd R wrapping lf, sd & fwd L fc DLC, __);
- 7** QQS [BASIC X-BODY in WRAP to SHAD] WRAP POS trng lf fwd L COH, rec bk R, sd L fc RLOD, __ (W WRAP POS spt trn lf fwd R, fwd L, fwd R WALL, __);
- 8** QQS Bk R, rec fwd L, fwd R SHAD / WALL release hds, __ (W fwd L, fwd R, fwd L SHAD / WALL release hds, __);

PART C

- 1-4**
1 SS **CRAB WK 4 Apt w/ HDS;; CUCH & CUCH TAP;;**
[CRAB WK 4 Apt] SHAD / WALL hds in frt simulating bouncing rhythmic tiger paws & using toe heel action sd L LOD, __, xRif, __ (W SHAD / WALL hds in frt simulating bouncing rhythmic tiger paws & using toe heel action sd R RLOD, __, xLif, __);
- 2** SS Cont moving apt using toe heel action sd L LOD moving hds lt, __, xRif moving hds rt fc WALL, __ (W cont moving apt using toe heel action sd R RLOD moving hds rt, __, xLif moving hds lt fc WALL, __);
- 3** QQS [CUCH] Sd L, rec R, cl L to R, __ (W sd R, rec L, cl R to L, __);
- 4** QQ [CUCH TAP] Sd R, rec L, tap R to L, __ (W sd L, rec R, tap L to R, __);
- 5-8**
5 SS **CRAB WK 4 Tog w/ HDS to SHAD;; CUCH & CUCH TAP / Lady Fc;;**
[CRAB WK 4 Tog] Fcing WALL holding hds in frt palms out & using toe heel action sd R RLOD moving hds rt, __, xLif moving hds lt, __ (W fcing WALL holding hds in frt palms out & using toe heel action sd L LOD moving hds lt, __, xRif moving hds rt, __);
- 6** SS Cont moving tog using toe heel action sd R moving hds rt, __, xLif moving hds lt to SHAD / WALL, __ (W cont moving tog using toe heel action sd L moving hds lt, __, xRif moving hds rt to SHAD / WALL, __);
- 7** QQS [CUCH] SHAD / WALL sd R, rec L, cl R to L, __ (W SHAD / WALL sd L, rec R, cl L to R, __);
- 8** QQ [CUCH TAP / Lady FC] Sd L, rec R, tap L to R fc ptr & WALL, __ (W sd R, rec L trn lf, tap R to L fc ptr & COH, __);
- 9-12**
9 QQS **OP BRK to NAT TOP 3;; CL HIP TWIST to X-BODY COH;;**
[OP BRK] Bk L, rec fwd R, fwd L CP / WALL, __ (W bk R, rec fwd L, fwd R CP fc COH, __);
- 10** QQS [NAT TOP 3] Rf rotation xRib, sd L, xRib fc LOD, __ (W rf rotation sd L, xRif, sd L fc RLOD, __);
- 11** QQS [CL HIP TWIST] Sd L, rec R, cl L to R fc LOD, __ (W swvl rf ¼ on L bk R, rec fwd L, cl R to L swvl rf fc COH, __);
- 12** QQS [X-BODY] Lf trn bk R, rec fwd L, cl R to L fc COH, __ (W fwd L lf trn, bk R, cl L to R fc WALL, __);
- 13-16**
13 QQS **OP BRK to HELICOPTER 3;; SCALLOP to CUDDLE Pos;;**
[OP BRK] Bk L, rec fwd R, fwd L COH cir rt arm ccw bk & up to clear & pass ptr, __ (W bk R, rec fwd L, fwd R WALL, __);
- 14** QQS [HELICOPTER 3] Cir lf fwd R cir lt arm ccw fwd & up to clear ptr, fwd L, sd R RLOD to FALLAWY SCP, __ (W cir rf arnd ptr fwd L, fwd R, sd L RLOD to FALLAWY SCP, __);
- 15** QQS [SCALLOP] Bk L to SCP LOD, rec fwd R, rf swvl cl L to R, __ (W bk R to SCP LOD, rec fwd L, lf swvl cl R to L pl lt arm on M's rt sh, __);
- 16** QQS Lf hip twist action on L fwd R, fwd L, lf trn cl R to L pl arms arnd W's waist CUDDLE POS / WALL, __ (W rf hip twist action on R fwd L, fwd R, lf trn cl L to R pl rt arm on M's lt sh CUDDLE POS fc COH, __);
- 17-18**
17 QQS **CUDDLE CUCHS;;**
[CUDDLE CUCH] CUDDLE POS sd L, rec R, cl L to R, __ (W CUDDLE POS sd R, rec L, cl R to L, __);
- 18** QQS [CUDDLE CUCH] Sd R, rec L, cl R to L, __ (W sd L, rec R, cl L to R, __);

INTER 1

- 1-4**
5-8 **CIR / SPT VOLTA w/ Lady's HIP BUMP 4 fc COH;; CUDDLE CUCHS;;**
CIR / SPT VOLTA w/ Lady's HIP BUMP 4 fc WALL;; CUDDLE CUCHS;;

PART A

- 1-6**
7-10
11-14
15-18 **BASICS;; OP BRK fc RLOD; Lady SWVL 2 & PT; SLO RISE; CUCH;**
Start X-BODY to UNDERARM TRN;; NY to RLOD; AIDA;
BASIC PATTI-CAKE-TAP;; BASIC PATTI-CAKE-TAP CKing BK;;
Lady BOUNCE UNDERARM TRN 4;; Man BOUNCE UNDERARM TRN 4;;

PART B

1-4 **DIAM TRNS w/ SKIPS;;;**
5-8 **BASIC X-BODY to WRAP;; BASIC X-BODY in WRAP to SHAD / WALL;;**

PART C (1-16)

1-4 **CRAB WK 4 Apt w/ HDS;; CUCH & CUCH TAP;;**
5-8 **CRAB WK 4 Tog w/ HDS to SHAD;; CUCH & CUCH TAP / Lady Fc;;**
9-12 **OP BRK to NAT TOP 3;; CL HIP TWIST to X-BODY COH;;**
13-16 **OP BRK to HELICOPTER 3;; SCALLOP to CUDDLE Pos;;**

INTER 2

1-4 **SLO SD BRK; IN PL BASIC; SLO SD BRK; IN PL BASIC;**
1 **SS** **[SLO SD BRK] CUDDLE POS sd L, __, sd R, __ (W CUDDLE POS sd R, __, sd L, __);**
2 **QQS** **[IN PL BASIC] In pl stp L, R, L, __ (W in pl stp R, L, R, __);**
3 **SS** **[SLO SD BRK] Sd R, __, sd L, __ (W sd L, __, sd R, __);**
4 **QQS** **[IN PL BASIC] In pl stp R, L, R, __ (W in pl stp L, R, L, __);**

PART D

1-4 **BASICS;; OP BRK & OUTSD TWL to TANDEM / WALL;;**
1 **QQS** **[BASICS] CP / WALL fwd L, rec bk R, cl L to R, __ (W CP bk R, rec fwd L, cl R to L, __);**
2 **QQS** **Bk R, rec fwd L, cl R to L, __ (W fwd L, rec bk R, cl L to R, __);**
3 **QQS** **[OP BRK] Bk L, rec fwd R, fwd L pl rt hd on ptr's lt sh trng rf to fc RLOD, __ (W bk R, rec fwd L, fwd R trng rf to fc LOD, __);**
4 **QQS** **[OUTSD TWL to TANDEM] Trng rf xRib, sd L, chging hds beh bk cl R to L TANDEM POS fcng WALL joined rt hds, __ (W trng rf under joined hds sd L, xRib, cl L to R TANDEM POS fcng WALL beh M joined rt hds, __);**

5-8 **CATAPULT / Lady KNEE; SD WK 3 Apt; SPT TRN to Fc; CUCH;**
5 **QQS** **[CATAPULT / Lady KNEE] Ck fwd L, rec bk R rf trn start ptr rt sd underarm pass, cl L to R pl lt hd on ptr's lt sh fc RLOD, __ (W ck bk R, rec fwd L start rt sd underarm pass, fwd R trn rf fc RLOD ptr's rt hd on lt sh bring lt ft up to rt knee, __);**
6 **QQS** **[SD WK 3] Fcing RLOD release ptr sd R, cl L to R, sd R COH, __ (W fcng RLOD sd L, cl R to L, sd L WALL, __);**
7 **QQS** **[SPT TRN] Rf spt trn xLif, fwd R, cl L to R fc ptr & WALL, __ (W lf spt trn xRif, fwd L, cl R to L fc ptr & COH, __);**
8 **QQS** **[CUCH] Sd R, rec L, cl R to L blend CP, __ (W sd L, rec R, cl L to R blend CP, __);**

PART B

1-4 **DIAM TRN w/ SKIPS;;;**
5-8 **BASIC X-BODY to WRAP;; BASIC X-BODY in WRAP to SHAD / WALL;;**

PART C (1-16)

1-4 **CRAB WK 4 Apt w/ HDS;; CUCH & CUCH TAP;;**
5-8 **CRAB WK 4 Tog w/ HDS to SHAD;; CUCH & CUCH TAP / Lady Fc;;**
9-12 **OP BRK to NAT TOP 3;; CL HIP TWIST to X-BODY COH;;**
13-16 **OP BRK to HELICOPTER 3;; SCALLOP to CUDDLE Pos;;**

END

1+ **SLO SD, __, __, __; to Lady's QK LEG LIFT,**
1+ **S__;** **[SLO SD, __, __, __] CUDDLE POS [rt arm arnd W's waist & lt arm arnd W's rt sh] sd L, __, __, __ (W CUDDLE POS [lt arm on M's rt sh & rt arm arnd M's waist] sd R, __, __, __);**
[Lady's QK LEG LIFT] Qk lf body rotation, (W qk lf swvl on R pl lt hd on lt hip & bring lt ft up to rt knee),