

“HAKUNA MATATA”

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MUSIC: **“Hakuna Matata”** by Jimmy Cliff/Lebo M,
Dancelife CD: **Rumba In The Jungle-Giants 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

1-4 **[CUDDLE Pos / WALL [M’s arms arnd W’s waist / W’s arms on M’s shs] lead ft free]**
1-2 **WAIT;; CUDDLE CUCHS;;**
3 **QQS** [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;;
4 **QQS** [CUDDLE CUCH] CUDDLE POS sd L, rec R, cl L to R, __ (W CUDDLE POS sd R, rec L, cl R to L, __);
[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, __
(W raise arms above head for lf paddle trn action sd R, repl L, sd R, repl L);
6 **SS(QQQQ)** Cont cir rf arnd W w/ toe heel action sd L, __, xRif, __ fc COH (W cont lf paddle trn action sd R, repl L, sd R, repl L fc WALL);
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 **_____** [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, __);

“HAKUNA MATATA” Cont.

PART B

- 1-4** **DIAM TRNS w/ SKIPS;;;;**
1 **QQS** [**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** **BASIC X-BODY to WRAP;; BASIC X-BODY in WRAP to SHAD / WALL;;**
5 **QQS** [**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 COH, 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** **CRAB WK 4 Apt w/ HDS;; CUCH & CUCH TAP;;**
1 **SS** [**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** **CRAB WK 4 Tog w/ HDS to SHAD;; CUCH & CUCH TAP / Lady Fc;;**
5 **SS** [**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** **OP BRK to NAT TOP 3;; CL HIP TWIST to X-BODY COH;;**
9 **QQS** [**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** **OP BRK to HELICOPTER 3;; SCALLOP to CUDDLE Pos;;**
13 **QQS** [**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** **CUDDLE CUCHS;;**
17 **QQS** [**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** **CIR / SPT VOLTA w/ Lady's HIP BUMP 4 fc COH;; CUDDLE CUCHS;;**
5-8 **CIR / SPT VOLTA w/ Lady's HIP BUMP 4 fc WALL;; CUDDLE CUCHS;;**

PART A

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

“HAKUNA MATATA” Cont.

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 fcing 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 [arms arnd W's waist] sd L, __, __, __ (W CUDDLE POS [arms on M's shs] 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),