

# ROUTINE BREAK-DOWN

Song Name: Raka Raka- By Chacal & Yakarta

Dance Style: Cubaton (Cuban Reggaeton)

Beats per minute: 96

Rhythm: 1, 2, 3, 4, 5, 6, 7, 8

Component: Cardiovascular

## Steps & Movements

Footwork	Foot Placement	Arm Styling	Body Movements	Beat value
<b>Body Dips</b> Weight on LF, step RF to Right Tap LF to RF Step LF to left Tap RF to LF	Ball Heel Ball Ball Heel Ball	Shimmying throughout.	Bending both knees when stepping to the side, leaning forward slightly.	Slow Slow Slow Slow
<b>Raka Raka Section</b> Weight on LF, Step RF to right Step LF on spot Body Shake  Step RF to right Close LF to RF Step RF to right Close LF to RF (repeat on LF)	Ball Heel Ball Heel Heel  Ball Heel Ball Heel Ball Heel Ball Heel	Bring both arms up so the wrists cross above the head. (Bring arms down on Body Shake).  Arms by sides.	Slight turn of Upper Body.  Banging heels on the floor.  Lifting both shoulders throughout.	Slow Slow Slow  Slow Slow Slow Slow
<b>Lunges</b> Weight on LF, step RF forward (TW) Replace weight, Close RF to LF. Step LF forward (TW) Replace weight, Close LF to RF.	Ball heel Ball heel Ball Heel Ball Heel	When stepping forward both arms come out to the side. Add a Hair-Comb when closing.	Bending both knees when stepping forward. Bounce Action used.	Slow Slow Slow Slow
<b>Knee Pushes and Lifts</b> x2 Weight on LF, Lift right knee <input type="checkbox"/> Tap RF to right <input type="checkbox"/> 1/8 of body to right                            x2 Lift Right knee <input type="checkbox"/> Tap right foot in place <input type="checkbox"/> Lift right knee (repeat on LF lift)	Ball   Ball	Pushing the hands down when tapping the foot to the right.  When lifting the foot have palms facing up and the arms lift with the leg.	Right knee is lifted so it is level with left knee.  Leg is at 90 degree angle.	Slow Slow Quick Slow Quick Slow
<b>Vuelta</b> Weight on LF, Step RF to right Step RF 1/8 turn    x8 <b>pivoting</b> (repeat on LF)	Ball Heel Ball Heel	Arms are bent at elbow, lifting in alternation on each step.	Body turns to left. Lifting hip up and down.	Slow Slow

## Music Map

<b>Section</b>	<b>No of Bars</b>	<b>Beats per bar</b>	<b>Associated Footwork</b>
Intro	2	8	Body Dips
Chorus	4	8	Raka Raka Section
Verse	4	8	Lunges
Chorus	4	8	Raka Raka Section
Bridge	10	8	Knee Lifts, Vuelta and 'Staying Alive'
Chorus	4	8	Raka Raka Section
Bridge	8	8	Knee Lifts, Vuelta and 'Staying Alive'
Verse	4	8	Lunges
Ending	4	8	Knee Lifts

## Additional Teaching Points

- For the 'Staying Alive' step perform two Body Dips and four hip rolls to a quick rhythm.