

This Time For Africa

拍數: 96 牆數: 2 級數: Improver
編舞者: Helen Conroy (IRE) - June 2010
音樂: Waka Waka (This Time for Africa) - Shakira



SECTION 1

Right step together step touch, Left rock forward touch, Right rock back touch.

Left step together step touch, Right rock forward touch, Left rock back touch.

- 1-4 Step right to side, step left beside right, step right to side, touch left beside right.
5-8 Rock left forward, touch right toe behind, rock right back, touch left toe in front.
9-16 Repeat steps 1-8 starting on the left foot.

SECTION 2

Right side touch, Left ¼ turn touch X 2

Right & Left cross point forward, Right & Left cross point back.

- 1-4 Step right to side, touch left beside right, ¼ turn left stepping left to side, touch right beside left.
5-8 Repeat steps 1-4
9-12 Cross step right over left, point left to side, cross step left over right, point right to side.
13-16 Repeat steps 9-12 in reverse

SECTION 3

Weave to the left & point, Weave to the right & point.

- 1-4 Cross step right behind left, step left to side, cross step right over left, step left to side.
5-8 Cross step right behind left, step left to side, cross step right over left, point left to side.
9-16 Repeat steps 1-8 starting on the left foot

SECTION 4

Right crossing steps x2 & point, Left crossing steps x2 & point X 2

- 1-4 Cross step right over left step left to side, cross step right over left point left to side
5-8 Cross step left over right step right to side, cross step left over right point right to side.
9-16 Repeat steps 1-8

SECTION 5 (The Chorus)

Right & left steps forward Right & left steps back, Right & left heel bounces

- 1-4 Step forward right & left, step back right & left.
5-8 Right & Left heel bounces x 4
9-32 REPEAT steps 1-8 X 3

Hand Movements for section 5 (the chorus)

- 1-4 Hands at chest level with palms facing, push right left right left
5-6 Hands at chest level with palms facing, push down x2
7-8 Hands at head level with palms facing in, push back x 2

RESTART (back wall) On wall 2 dance the first 16 steps then restart the dance.