

# This Time For Africa

COPPER KNOB  
BY STEPHEN HETS

拍数: 96      墙数: 2      级数: Improver  
编舞者: Helen Conroy (IRE) - June 2010  
音乐: 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.**