

# Time for Africa

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Kate Henry (CAN) - August 2011  
音乐: Waka Waka (This Time for Africa) - Shakira



## 32 count intro

### Side step; ¼ shuffle; ½ turn; shuffle

1-2            Step R to side, step L to R  
3&4            Step R ¼ turn to R, shuffling R-L-R  
5-6            Step forward L, ½ turn to R, weight on R  
7&8            L forward shuffle (L-R-L)

### Rock step; 2 steps back; coaster; shuffle

1-2            Rock R forward, recover onto L  
3-4            Step back on R, step back on L  
5&6            Step back on R, step L beside R, step forward on R  
7&8            L forward shuffle (L-R-L)

### Kick and point; step point; mambo ¼ turn; step touch

1&2            Kick R foot forward, step in place, point L toe to side  
3-4            L step forward; point R toe to side  
5&6            Step R forward, step L in place, step R ¼ turn  
7-8            Step L forward, touch R toe beside L

### Kick and point; step point; mambo ¼ turn; step touch

1&2            Kick R foot forward, step in place, point L toe to side  
3-4            L step forward; point R toe to side  
5&6            Step R forward, step L in place, step R ¼ turn  
7-8            Step L forward, touch R toe beside L

### Cruising vine

1-2            Step side to R, cross L behind  
3-4            Step side to R making ¼ turn R, make ¼ turn R stepping L to side  
5-6            Step side to R making ¼ turn R, make ¼ turn R stepping L to side  
7-8            Cross R behind L, step L to side

### Cross rock; side shuffle; rock step; coaster

1-2            Cross rock R over L, recover onto L  
3&4            Step side with R, step L beside R, step side with R  
5-6            Rock L forward, recover onto R  
7&8            Step back on L, step R beside L, step forward on L

(\*restart here on wall 2)

### ½ turn; shuffle; rocking horse

1-2            Step forward R, ½ turn to L, weight on L  
3&4            R Forward shuffle (R-L-R)  
5-6            Rock L forward, recover on R  
7-8            Rock L back, recover on R

### Cross box ¼ turn, R cross over; step hold; 2 hip bumps

1-2            Cross L over R, step back R, turning ¼ turn L  
3-4            Step side L, cross R over L

5-6 Step L slightly forward without putting weight on, hold  
7-8 Bump L hip forward twice; weight shifts to L

**Restart: On Wall 2**

**Do first 48 counts but make  $\frac{1}{4}$  turn L with coaster at end, to face 6 o'clock wall.**

**Then begin again**

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