

Time for Africa

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Henry (CAN) - August 2011
音樂: 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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