

# This Time For Africa

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**Count:** 96      **Wall:** 2      **Level:** Improver

**Choreographer:** Helen Conroy Noonan

**Music:** Waka Waka (Its time for Africa) by 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.**