

# AFRICA

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CD: 2010 CAP-Sounds, CD Title "Africa 2010 - EP" (Artist: Sanave) Track 1 "Africa (Robin Hogarth Tribal Mix)" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:41

RHYTHM: Waltz RAL PHASE V

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-C-A-B-C-D-B-B-C-ENDING

## MEAS:

## INTRODUCTION

### 1-4 BJO DLC WAIT 1 MEAS; QUICK OPEN REVERSE; HINGE; HOVER EXIT TO SCP;

- 1 Wait in BJO DLC w/ trail ft free;
- 2 {**Quick Open Reverse**} BJO DLC Fwd R, fwd L stg to trn LF/trn LF sd & bk R, w/ R sd stretch bk L to BJO RLOD (W bk L, bk R trn LF/cont trn sd & fwd L, w/ L sd stretch fwd R to BJO);
- 3 {**Hinge**} BJO RLOD Bk R stg to trn LF, sd & slightly fwd L to fc WALL stg L sd stretch cont L sd stretch swvl 1/8 LF ld W to XLib keep L sd twd W, relax L knee & veer R knee to sway R to look at W (W Fwd L stg to trn LF, sd R to fc COH stg R sd stretch cont R sd stretch swvl LF, XLib keep L sd twd M relax L knee [head to L w/ shldr almost parallel to M] w/ no wgt on R);
- 4 {**Hover Exit to SCP**} Hold ld W to rec, sd R rise to ball of ft & brush L to R, sd & fwd L to SCP LOD (W rec R to CP, sd L rise to ball of ft & brush R to L, sd & fwd R to SCP);

### 5-8 RUNNING OPEN NATURAL; TURNING LOCK; MANEUVER; HESITATION CHANGE;

- 5 {**Running Open Natural**} SCP DLC Thru R in CBMP stg trn R, cont trn sd & bk L w/ slight L sd stretch/bk R w/ R sd ld stg to ld W to BJO, bk L to BJO DRW (W thru L in CBMP stg upper bdy trn to R, stay well into M's R arm w/ slight R sd stretch fwd R/fwd L w/ L sd ld preparing to stp outsd, fwd R in BJO);
- 6 {**Turning Lock**} BJO DRW Bk R w/ R sd ld & R sd stretch/lk Lif, bk & slightly sd R stg LF trn, sd & slightly fwd L to BJO DLW (W fwd L w/ L sd ld & L sd stretch/lk Rib, fwd & slightly sd L stg LF trn, sd & slightly bk R to BJO);
- 7 {**Maneuver**} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
- 8 {**Hesitation Change**} CP RLOD Stg RF upper bdy trn bk L, sd R cont trn, draw L to R to CP DLC (W stg RF upper bdy trn fwd R, sd L cont trn, draw R to L);

## PART A

### 1-4 MINI TELESPIIN;; CONTRA CHECK & SWITCH; EROS LINE;

- 1-2 {**Mini Telespin**} CP DLC Fwd L stg to trn LF, sd R cont trn, bk & sd L to SCP LOD no wgt light pressure insd edge of toe keep L sd in to W/trn bdy L no wgt to ld W to CP stg spin (W bk R stg to trn LF, L cl to R heel trn 1/2 LF, fwd R keep R sd in toward M/fwd L trn LF twd ptr); Fwd L cont spin LF on L draw R to L undr bdy, cl R flexing knees to CP DRC, hold (W fwd R to CP head to L spining LF draw L to R undr bdy, cl L flexing knees, hold);
- 3 {**Contra Check & Switch**} CP DRC Stg upper bdy trn to L flex knees w/ strong R sd ld ck fwd L in CBMP, rec R stg stont RF trn leave L almost in plc, cont strong trn rec L soft knees throughout to CP DLW (W stg upper bdy trn to L flex knees w/ strong L sd ld bk R in CBMP look well to L, rec L stg RF trn leave R almost in plc, cont trn rec R between M's ft w/ soft knees throughout);
- 4 {**Eros Line**} CP DLW Stg slight bdy trn to R w/ L knee flexed sd R ft flat between W's feet, w/ continuing R sd stretch as R leg straightens ld W to raise R leg w/ upward stretch of R sd of bdy & left sway while looking twd W, - (W stg slight bdy trn to R w/ R knee flexed sd L, w/ continuing L sd stretch raise R leg from floor for Eros line mv R knee bk trn leg out so R toe & heel are parallel to floor w/ strong L sd stretch R sway w/ head well to R, -);

### 5-8 DIP BACK & HOLD; RIGHT LUNGE ROLL & SLIP; DOUBLE REVERSE FC DLC; TELEMARK TO BJO;

- 5 {**Dip Back & Hold**} CP DLW Dip bk L w/ knee relaxed (W dip fwd R) leave R extended fwd, -, -;
- 6 {**Right Lunge Roll & Slip**} CP DLW Sd & fwd R, rolling RF up to 3/8 rec L, slip R past L to CP DLC (W sd & bk L, rolling RF up to 3/8 rec R, fwd L);
- 7 {**Double Reverse**} CP DLC Fwd L stg to trn LF, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees to CP DLC (W bk R stg to trn LF, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif to fc DRW);
- 8 {**Telemark to BJO**} CP DLC Fwd L outsd W, fwd & sd R arnd W close to W's ft trn LF, fwd & sd L to BJO DLW (W bk R stg LF heel trn on R heel bring L beside R no wgt, cont LF trn on R heel & chg wgt to L, bk & sd R);

## PART A (cont.)

**9-12 NATURAL WEAVE;; FWD TIPPLE CHASSE; RIGHT TURNING LOCK;**

- 9-10 {**Natural Weave**} BJO DLW Fwd R stg trn RF, sd L w/ L sd stretch, w/ R sd ld bk R to DLC (W bk L stg to trn R, cl R to L heel trn w/ R sd stretch, w/ L sd ld fwd L); Bk L in CBMP to BJO DRW, bk R to CP stg trn LF, sd & fwd L w/ L sd stretch to BJO DLW (W fwd R in CBMP outsd M, fwd L to CP stg trn LF, sd & bk R w/ R sd stretch);
- 11 {**Forward Tipple Chasse**} BJO DLW Stg slight upper bdy to R trn fwd R trn RF, cont trn sd L/cl R, cont trn sd & slightly bk L to fc RLOD (W stg slight upper bdy trn to R bk L trn RF, cont trn sd R/cl L, sd & slightly fwd R);
- 12 {**Right Turning Lock**} CP RLOD Bk R w/ R shldr ld stg RF trn/lk Lif, cont trn sd & fwd R between W feet to LOD, sd & fwd L to SCP DLC (W fwd L w/ L shldr ld stg RF trn/lk Rib, cont trn sd & bk L, sd & fwd R);

**13-16 RIPPLE CHASSE; WEAVE TO BJO;; CLOSED WING;**

- 13 {**Ripple Chasse**} SCP DLC Thru R in CBMP, sd & slightly fwd L w/ slight L sd stretch/cont L sd stretch into a R sway as you cl R looking to R holding sway, sd & fwd L loosing sway blending to SCP DLC (W thru L in CBMP, sd & slightly fwd R w/ slight R sd stretch/cont R sd stretch into a L sway as you cl L looking to L holding sway, sd & fwd R loosing sway blending to SCP);
- 14-15 {**Weave to BJO**} SCP DLC Fwd R, fwd L trn LF to CP, sd & slightly bk R to DLC (W fwd L, sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L to DLC); Bk L DLC trn W to CBMP, bk R trn bdy LF to CP, sd & fwd L trn W to CBMP to BJO DLW (W fwd R to CBMP, fwd L to DLC trn bdy LF to CP, sd & bk R to CBMP);
- 16 {**Closed Wing**} BJO DLW Fwd R, draw L to R w/ LF upper bdy trn, tch L to SCAR DLW (W bk L, sd R acrs M, fwd L);

**17 HOVER CROSS ENDING;**

- 17 {**Hover Cross Ending**} SCAR DLW With R sd stretch fwd L on toe, rec R/with L sd ld sd & fwd L, w/ L sd stretch fwd R to BJO DLC (W w/ L sd stretch bk R on toe, rec L/with R sd ld sd & bk R sm stp, bk L in BJO); [Option: the timing 1&23 could also be used]

## PART B

**1-4 LEFT TURN FC RLOD; TOP SPIN; OPEN FINISH DRC; BACK BACK LOCK BACK;**

- 1 {**Left Turn fc RLOD**} BJO DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R);
- 2 {**Top Spin**} CP RLOD Bk R stg LF trn, w/ L sd stretch sd & slightly fwd L cont LF trn/fwd R outsd ptr & spin LF on R toe keep L leg bk, bk L to BJO LOD (W fwd L stg LF trn, w/ R sd stretch sd R cont LF trn/bk L & spin LF on L toe keep R leg fwd, fwd R);
- 3 {**Open Finish DRC**} BJO LOD Bk R trn LF, sd & fwd L, fwd R outsd W to CBMP BJO DRC (W fwd L trn LF, sd & bk R, bk L to CBMP);
- 4 {**Back Back Lock Back**} BJO DRC Bk L, bk R/lk Lif (W lk Rib), bk R;

**5-8 BACK TURNING WHISK; THRU HOVER TO BJO; OUTSIDE SWIVEL; SLOW SIDE LOCK;**

- 5 {**Back Turning Whisk**} BJO DRC Bk L stg trn RF w/ slight R sd stretch, sd & bk R cont upper bdy trn to R w/ R sd stretch, XLib to SCP DLC (W fwd R stg trn RF w/ slight L sd stretch, stay well into M's R arm sd & fwd L cont upper bdy trn to R w/ L sd stretch, XRib to SCP);
- 6 {**Thru Hover to BJO**} SCP DLC Thru R, fwd L w/ rise, rec R to BJO DLC (W thru L, fwd R w/ rise trn LF & brush L to R, rec L to BJO);
- 7 {**Outside Swivel**} BJO DLC Bk L, XRif no wgt to SCP DLC (W fwd R, swvl RF on ball of R to end in SCP), -;
- 8 {**Slow Side Lock**} SCP DLC Thru R, sd & fwd L to CP, XRib trn slihgly LF to CP DLC (W thru L stg LF trn, sd & bk R cont trn to CP, XLif);

## PART C

**1-4 REVERSE FALLAWAY SLIP; HOVER TELEMARCK; THRU CHASSE TO SCP; CURVED FEATHER:**

- 1 {**Reverse Fallaway Slip**} CP DLC Fwd L stg trn LF, sd & bk R/bk L in CBMP to SCP DRW, trn LF bk R COH & pvt to CP DLW (W bk R trn bdy LF, bk L/bk R in CBMP stg LF trn, fwd L cont LF trn to fc DRC); [Option: the timing & 123 or 123& may be used]
- 2 {**Hover Telemark**} CP DLW Fwd L, diag sd & fwd R rise slightly [hovering] w/ bdy trn 1/8 RF, fwd L sm stp on toes to SCP LOD (W bk R, diag sd & bk L w/ hvr action & bdy trn 1/8 RF, fwd R sm stp on toes to SCP);
- 3 {**Thru Chasse to SCP**} SCP LOD Fwd R trn to fc, sd L/cl R, sd L to SCP LOD;
- 4 {**Curved Feather**} SCP LOD Fwd R in CBMP stg RF trn, w/ L sd stretch cont RF trn sd & fwd L, cont upper bdy RF trn w/ L sd stretch fwd R outsd W to BJO DRW (W fwd L stg LF trn, w/ R sd stretch sd & bk R cont trn, bk L in BJO);

**5-6 ROYAL SPIN FC DLW; NATURAL TELEMARCK:**

- 5 {**Royal Spin**} BJO DRW Stg bdy trn to R toeing in w/ R sd ld bk L sm stp trn 3/8 RF, fwd R outsd W in CBMP heel to toe cont trn, L passes undr bdy w/ L sd ld fwd L to fc DLW (W stg bdy trn to R w/ L sd ld stay well into M's R arm fwd R in CBMP heel to toe outsd M trn RF, cont trn as L ft curls in sm ronde CW raising L knee to bring L ft to R knee toes pointed down, cont trn lower L & tch L to R to fc DRC);
- 6 {**Natural Telemark**} BJO DLW Fwd R stg trn RF, trn 1/4 RF sd L w/ L sd stretch, trn 1/2 RF sd & fwd R sm stp to CP DLC (W bk L stg trn RF, trn 1/4 RF fwd R in CP, trn 1/2 RF sd & bk L);

## PART D

**1-4 DIAMOND TURN;;;:**

- 1-4 {**Diamond Turn**} CP DLC Fwd L trn LF, cont trn sd R, bk L to BJO DRC (W bk R trn LF, cont trn sd L, fwd R); Staying in BJO bk R trn LF, sd L, fwd R to BJO DRW (W fwd L trn LF, sd R, bk L); Still in BJO fwd L trn LF, sd R, bk L to BJO DLW (W bk R trn LF, sd L, fwd R); Bk R cont LF trn, sd L, fwd R to BJO DLC (W fwd L trn LF, sd R, bk L);

**5-8 VIENNESE TURNS;; OPEN REVERSE TURN; OUTSIDE CHECK:**

- 5-6 {**Viennese Turns**} BJO DLC Fwd L stg LF trn, sd R cont trn, XLif fc DRW (W bk R stg LF trn, sd L cont trn, cl R); Bk R cont LF trn, sd L cont trn, cl R to CP DLC (W fwd L cont LF trn, sd R cont trn, XLif);
- 7 {**Open Reverse**} CP DLC Fwd L stg LF bdy trn, cont trn sd R, bk L to contra BJO RLOD (W bk R stg LF trn, cont trn sd L, fwd R to contra BJO);
- 8 {**Outside Check**} BJO RLOD Bk R trn LF, sd & fwd L, ck fwd R outsd ptr to CBMP BJO DRW (W fwd L trn LF, sd & bk R, ck bk L outsd ptr to CBMP);

**9-11 OUTSIDE SPIN; QUICK LOCK SLOW LOCK; RISING LOCK:**

- 9 {**Outside Spin**} BJO DRW In CBMP prepare to ld W outsd ptr stg bdy trn to R toe in w/ R sd ld bk L sm stp trn 3/8 RF trn, fwd R in CBMP heel to toe cont RF trn, cont RF trn sd & bk L to CP DRW (W stg bdy trn to R w/ L sd ld stay well into M's R arm fwd R in CBMP outsd M heel toe, cl L on toe 5/8 RF trn between 1 & 2, cont RF trn fwd R between M's ft);
- 10 {**Quick Lock Slow Lock**} Blend to BJO DRW with R sd ld & R sd stretch bk R/lk Lif, bk R, lk Lif (W w/ L sd ld & L sd stretch fwd L/lk Rib, fwd L, lk Rib)
- 11 {**Rising Lock**} BJO DRW Bk R stg LF trn, cont trn sd & fwd L, XRib bdy comp trn to CP DLC (W fwd L stg LF trn, cont trn sd & bk R, cont trn XLif);

## ENDING

**1 CONTRA CHECK & EXTEND:**

- 1 {**Contra Check & Extend**} CP DLC Stg upper bdy trn to L flex knees w/ strong R sd ld ck fwd L in CBMP, extend pos, - (W stg upper bdy trn to L flex knees w/ strong L sd ld bk R in CBMP look well to L, extend pos, -);

WAIT	QUICK OPEN REVERSE
HINGE	HOVER EXIT TO SCP
RUNNING OPEN NATURAL	TURNING LOCK
MANEUVER	HESITATION CHANGE

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A	MINI TELESPIN	----
	CONTRA CHECK & SWITCH	EROS LINE
	DIP BACK & HOLD	RIGHT LUNGE ROLL & SLIP
	DOUBLE REVERSE FC DLC	TELEMARK TO BJO
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	NATURAL WEAVE	----
	FWD TIPPLE CHASSE	RIGHT TURNING LOCK
	RIPPLE CHASSE	WEAVE TO BJO
	----	CLOSED WING
	HOVER CROSS ENDING	

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B	LEFT TURN FC RLOD	TOP SPIN
	OPEN FINISH DRC	BACK BACK LOCK BACK
	BACK TURNING WHISK	THRU HOVER TO BJO
	OUTSIDE SWIVEL	SLOW SIDE LOCK

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C	REVERSE FALLAWAY SLIP	HOVER TELEMARK
	THRU CHASSE TO SCP	CURVED FEATHER
	ROYAL SPIN FC DLW	NATURAL TELEMARK

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D	DIAMOND TURN	----
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	VIENNESE TURNS	----
	.....	
	OPEN REVERSE TURN	OUTSIDE CHECK
	OUTSIDE SPIN	QUICK LOCK SLOW LOCK
	RISING LOCK	

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END CONTRA CHECK & EXTEND

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R5-2 AFRICA (ROSS)  
 (BJO DLC TRAIL FOOT FREE)