AFRICA

CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3
(506) 455-6538, e-mail: bmross@nbnet.nb.ca  web page  http://billmaxineross.com

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:  

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 COHG stg R sd stretch cont R sd stretch swvl LF, XLib keep L sd twd M relax L knee [head to L w/ shld almost parallel to M] w/o 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/lw L/ld & L sd 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 & 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 TELESPIN;; 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 flexible knees to CP DRC, hold (W fwd R to CP head to L spinning LF draw L to R undr bdy, cl L flexible 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 stromt 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 throughou);  
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, XLib to fc DRW);  
8  {Telemark to BJO}  CP DLC Fwd L outsd W, fwd & sd R ardnd 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 DLC (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; WEAVER 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 loosening 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 loosening 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 trn R 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, trn L to SCAR DLC (W bk L, sd R acrs M, fwd L);

17

**HOVER CROSS ENDING;**

17  
{Hover Cross Ending}  SCAR DLC 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 R stg LF trn, w/ R sd stretch rd 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 thru L stg LF trn, 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 slightly LF to CP DLC (W thru L stg LF trn, sd & bk R trn cont to CP, XLif);
PART C

1-4

**REVERSE FALLAWAY SLIP; HOVER TELEMARK; 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 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 trrn, bk L in BJO);

4. **Curved Feather**
   - SCP LOD Fwd R in CBMP stg RF trn, w/ L sd stretch cont RF trn sd & bk R, nt sk to SCP; [Option: the timing &123 or 123& may be used]

5-6

**ROYAL SPIN FC DLW; NATURAL TELEMARK:**

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 trn RF, trn 1/4 RF sd L w/ L sd stretch, trn 1/2 RF sd & fwr R sm stp to CP DLC (W bk L stg trn RF, trn 1/4 RF fwrd 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, fwrd R); Staying in BJO bk R trn LF, sd L, fwrd R to BJO DRW (W fwrd L trn LF, sd R, bk L); Still in BJO fwrd L trn LF, sd R, bk L to BJO DLW (W bk R trn LF, sd L, fwrd R);

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 fwr 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, fwrd R to contra BJO);

8. **Outside Check**
   - BJO RLOD Bk R trn LF, sd & fwr L, ck fwr R outsd ptr to CBMP BJO DRW (W fwr 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, fwr 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 fwrd R in CBMP outsd M heel toe, cl L on toe 5/8 RF trn between 1 & 2, cont RF trn fwr 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 fwrd L/lk Rib, fwrd L, lk Rib)

11. **Rising Lock**
    - BJO DRW Bk R stg LF trn, cont trn sd & fwr L, XRib bdy comp trn to CP DLC (W fwr L stg LF trn, cont trn sd & bk R, cont trn XLif);

ENDING

1. **Contra Check & Extend**
   - CP DLC Stg upper bdy trn to L flex knees w/ strong R sd ld ck fwrd 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, -);
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END CONTRA CHECK & EXTEND

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