

Blue Canary Cha

Count: 32

Wall: 4

Level: Improver Cha Cha

Choreographer: Tara Conaghan (UK) - August 2019

Music: Birdhouse In Your Soul - They Might Be Giants



1 - 2 Walk R, walk L

Step forward on your R foot then your L

3 & 4 R heel grind

Step forward on and grind your right heel into the ground, step back in place on R, step back in place on L

5 - 6 Sweep back L, sweep back R

Sweep L out and step back in a semi-circle, repeat on R

7 & 8 L sailor sweep ½ turn

Make a ½ turn L by sweeping and stepping L behind R, step R to R side, step L to L side

1 - 2 Rock out R, recover on L

With weight on R foot lean out to R, recover weight on L foot

3 & 4 R coaster step

Step back on R, step back on L, step forward on R

5 & 6 & Lock step L in a ¼ of a circle

Step L and bring in R foot behind it, repeat

7 & 8 Lock step L in a ¼ of a circle

Step L and bring in R foot behind it, repeat

1 & 2 R toe heel stomp with a cross

Turn R knee in with R toe down, scuff heel diagonally across L, step R foot down

3 & 4 L toe heel stomp with a cross

Turn L knee in with L toe down, scuff heel diagonally across R, step L foot down

5 & 6 Chasse R

Step R foot to R, L foot to R, R foot to R

7 & 8 L mambo step

Quickly step forward on L, backwards onto R, backwards on L

1 - 2 Walk R, walk L

Step forward on R, step forward on L

3 & 4 Full triple turn L

Turn L in three steps, R, L, R

5 - 6 Rock out L, recover on R

With weight on L foot, lean to L, recover weight on R

7 & 8 1+1/4 triple turn R

Turn R in three steps, L, R, L

Choreographer's notes: 24 count intro; finishes naturally at the front wall by wall 12 after the heel grind; no tags; 3 restarts – on walls 3, 6 & 8.

Those who don't turn can replace them with mambo steps: replace the full triple turn with a R mambo step, the 1+1/4 turn with a ¼ R turning L mambo step. Enjoy!

Dedicated to Fern Conaghan, Valentin Stoykov, Gillian Spence, and Keeley Cooper-Spence, for their loyalty and support.

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