

# First Cha (Walker-Rollator)

**Count:** 16

**Wall:** 2

**Level:** Walker

**Choreographer:** María Lippe (SWE)

**Music:** Un Momento Alla - Rick Trevino

or: Over the Rainbow - Scooter Lee

or: Something Stupid - Scooter Lee



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(Walker modifications provided by A.J. Herbert, [ajluv2dans@gmail.com](mailto:ajluv2dans@gmail.com), Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

**Note Counts '8 &' start a right chasse, ending with Count 1 of next wall.**

## **Side, Rock, Recover**

- 1 Step slightly right to right side (within walker space)
- 2 Rock forward on left
- 3 Recover onto right

## **Left Chasse, Back Rock, Recover**

- 4 Step left to left side (within walker space).
- & Close right beside left.
- 5 Step left to left side (within walker space).
- 6 Rock right back
- 7 Recover onto left

## **Right Forward Shuffle (beginning 1/2 turn right), Step Left, Step Right**

- 8 & 1 (beginning right turn) Step right forward. Close left beside right. Step right forward
- 2 Step left forward,
- 3 Step right forward

## **Left Forward Shuffle (completing 1/2 turn right), Hip Sways, Side, Close**

- 4 & 5 Step left forward. Close right beside left. Step left forward completing half turn right
  - 6 Rock right to right side, swaying hips right
  - 7 Recover onto left, swaying hips left
  - 8 & Step right to right side. Close left beside right (within walker space)
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