

Country Sauce

Compte: 42

Mur: 4

Niveau: Intermediate



Chorégraphe: Forty Arroyo (USA)

Musique: Capital Tropical - Two Man Sound

Choreographed For Ms. Kathy Sharpe July 26, 1997

CROSS ROCK STEP 2X, CHASSÉ LEFT

- 1-3 Cross rock step left over right, rock back on to right, step left to side
&4-6 Step right next to left, cross rock step left over right, rock back on to right, step left to side
&6&7&8 Step right next to left, step left, step right next to left, step left, step right next to left, step left

CROSS ROCK STEP 2X, CHASSÉ RIGHT WITH ¼ TURN RIGHT

- 1-3 Cross rock step right over left, rock back on to left, step right to side
&4-6 Step left next to right, cross rock step right over left, rock back on to left, step right to side
&6&7&8 Step left next to right, step right, step left next to right, step right, step left next to right, step right

LEFT AND RIGHT SYNCOPATED CROSSOVER BREAKS, ¼ RIGHT, STEP, PIVOT TURN ½ RIGHT

- 1&2 Cross left over right, step in place with right, step left to side
&3&4 Step in place with right, cross left over right, step right in place, step left to side
5&6 Cross right over left, step in place with left, step right to side
&7&8 Step in place with left, cross right over left, step left in place, step right to side making ¼ right

PIVOT ½ RIGHT, FULL TURN RIGHT, LEFT KICK STEP, RIGHT KICK STEP, LEFT KICK STEP 2X

- 1-4 Step forward on left, pivot ½ to right, step forward left turning ½ right, step back right turning ½ to right
&5&6 Kick left forward, step on left, kick right forward, step on right
&7&8 Kick left forward, step on left, kick left forward, step on left

STEP ON RIGHT, STEP FORWARD LEFT WITH ¼ RIGHT, SHUFFLE RIGHT-LEFT-RIGHT, CROSS, STEP ¼ LEFT, SHUFFLE LEFT-RIGHT-LEFT WITH ½ RIGHT, STOMP RIGHT, STAMP LEFT

- 1-2-3&4 Step in place with right, take a long step forward on left with a ¼ turn to the right, shuffle in place
5-6-7&8 Cross left over right, step right while turning ¼ left, shuffle in place left-right-left while turning ½ left
9-10 Stomp right next to left, stamp left next to right (no weight)

REPEAT

This dance has a Latin flavor. When you are comfortable, incorporate hip movement when doing chassés and shimmy when doing the "kick steps". It can be done to anything with a cha-cha beat