D & L Cha Cha



音乐: Man to Man - Gary Allan



Sequence: For the Gary Allen song, the dance will be AB, AAB, AAAA To Finish. For any other song, just do the whole A & B throughout

PART A

STEP, ROCK STEP FORWARD, FULL TURN, ROCK STEP BACK

| 1 | Step to right with right foot |
|-----|--|
| 2 | Rock left foot behind right |
| 3 | Rock weight back onto right foot |
| 4-6 | Make a full turn to left, starting left, right, left |
| 7 | Rock right foot behind left and bow down |
| 8 | Rock weight back onto left standing back up |

ROCK STEP FORWARD, COASTER STEP, 2 PIVOTS MAKING FULL TURN

| 1 | Rock forward on right foot |
|-----|---|
| 2 | Rock back on left foot |
| 3&4 | Step back on right foot, step left in place, step forward on right |
| 5-6 | Step forward on left, pivot ½ turn to right with weight on right foot |
| 7-8 | Step forward on left, pivot ½ turn to right with weight on right foot |

CROSS STEP WITH 1/4 TURN, LEFT COASTER STEP, WALK RIGHT LEFT, RIGHT COASTER STEP

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|--------------|--|
| 1-2 | Cross left over right, step back on right foot while making a 1/4 turn to the left |
| 3&4 | Step left back, step right in place, step left forward |
| 5-6 | Walk forward right, left |
| 7&8 | Step right back, step left in place, step right forward |
| | |

PRISSY WALKS, STEP AND CROSS, STEP AND CROSS

| 1-4 | Cross left over right, cross right over left, cross left over right, cross right over left |
|-----|--|
| 5&6 | Step left to left side, step right in place, cross left over right |
| 7&8 | Step right to right side, step left in place, cross right over left |

ROCK STEP FORWARD, TRIPLE 1/2 TURN, SEXY WALKS

| 1-2 | Rock forward on left, rock back on right |
|-----|---|
| 3&4 | Make a ½ turn to left doing a triple step - left, right, left |
| 5-8 | Walk forward on right, hold, walk forward on left, hold (make the walk look sexy) |

ROCK STEP FORWARD, 1/4 TURN SIDE SHUFFLE, SEXY CROSS WALK STEPS

| 1-2 | Rock forward on right, rock back on left |
|-----|--|
| 3&4 | Making ¼ turn to right, do a side shuffle - right, left, right |
| 5-8 | Cross left foot over right, hold, step right to right side, hold (make the walk look sexy) |

JAZZ BOX, SCUFF AND SCOOT, ROCK STEP FORWARD

| 1-4 | Step left over right, step back on right, step left to left side, step right in place |
|-----|---|
| 5&6 | Scuff left foot up, scoot-hop on right foot, step down on left |
| 7-8 | Rock forward on right, back on left |

LOCK, FULL TURN, CROSS ROCK STEP, SKIP-STEP

1-2 Lock right behind left and unwind ½ to right putting weight on right

3-4 Rock left foot over right, rock back onto right

5-8&- Full turn to left starting left, right, left, right, skip-step left

PART B

KICK BALL CROSS, ROCK AND CROSS, FULL TURN, FORWARD ROCK STEP

1&2 Kick left forward, step left in place, cross right over left3&4 Step left out to left, replace back to right, step left forward

5-6 Make full turn to left moving forward - step back on right making ½ turn to left, step forward

on left making ½ turn to left

7-8 Rock forward on right, rock back on left

1/4 TURN, SIDE SHUFFLE, STEP HOLD, 1/4 TURN, STEP HOLD, HIP GRINDS, SKIP-STEP

1&2 Turning ¼ to right, do a side shuffle right, left, right

3-4 Step forward on left, hold

5-6 Make a ¼ turn to left (front wall) and step right to right side, hold

7-8&- Hip grind left, hip grind right, skip-step down on left

REPEAT