

Chachanela (倫巴恰恰) (zh)

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Improver
编舞者: Ira Weisburd (USA) - 2010年09月
音乐: Aguante Campeón - Pimpinela : (CD: Buena Onda, Track: #3 Year 2000)



前奏 : Introduction: 64 cts. (Start on Vocal) - approximately 35 seconds into the track.

Part A. Rumba Part A部份—倫巴

第一段 Step, Hold, Behind, Side, Cross, Hold, Behind, ½ Turn L.
右候, 後右, 交叉候, 後轉

- 1-2 Step R to R, Hold 右足右踏, 候
3-4 Step L behind R, Step R to R (Face R Corner)
左足於右足後踏, 右足右踏(面向右斜角)
5-6 Step L across R, Hold 左足於右足前交叉踏, 候
7-8 Step R behind L, make ½ turn L onto L (Face 6:00 or back Wall)
右足於左足後踏, 左轉180度重心在左足(面向6點鐘)

第二段 Step, Hold, Behind, Side, Cross, Hold, Behind, Step To L.
右候, 後右, 交叉候, 後左

- 1-2 Step R to R, Hold 右足右踏, 候
3-4 Step L behind R, Step R to R (Face R Corner)
左足於右足後踏, 右足右踏(面向右斜角)
5-6 Step L across R, Hold 左足於右足前交叉踏, 候
7-8 Step R behind L, Step L to L
右足於左足後踏, 左足左踏

第三段 Rumba Box (Forward, Hold, Side, Together; Back, Hold, Side, Together)
倫巴方塊(踏候左併, 後候右併)

- 1-2 Step R forward, Hold 右足前踏, 候
3-4 Step L to L, Step-close R to L 左足左踏, 右足併踏
5-6 Step back on L, Hold 左足後踏, 候
7-8 Step R to R, Step-close L to R 右足右踏, 左足併踏

第四段 Turning Rumba Box (1/4 Turn R, Hold, Side, Together; Back W/ 1/8 Turn R, Hold, Side, Together W/ 1/8 Turn R)
轉倫巴方塊(1/4 候左併, 1/8後候右1/8併)

- 1-2 Turn ¼ R onto R, Hold 右轉90度右足踏, 候
3-4 Step L to L, Step-close R to L 左足左踏, 右足併踏
5-6 Step back on L (making 1/8 turn R), Hold
右轉45度左足後踏, 候
7-8 Step w/R to R (making 1/8 turn R), Step-close L to R
右轉45度右足右踏, 左足併踏

Part B. Cha Cha Part (Chorus) B部份—恰恰

第一段 Sway, Sway, Back, Side, Front; Sway, Sway, Back, Side, Front
擺臀, 擺臀, 後旁前, 擺臀, 擺臀, 後旁前

- 1-2 Step R to R, Step L to L
右足右踏右擺臀, 左足左踏左擺臀
3&4 Step back on R, Step L to L, Step R across L
右足後踏, 左足左踏, 右足於左足前交叉踏

- 5-6 Step L to L, Step R to R
左足左踏左擺臀, 右足右踏右擺臀
- 7&8 Step back on L, Step R to R, Step L across R
左足後踏, 右足右踏, 左足於右足前交叉踏

第二段 Forward, Recover, Triple ½ Turn R; Pivot ¼ Turn R, Cross Triple Step
下沉 回復, 三步右轉1/2, 踏 1/4, 交叉交換

- 1-2 Step forward on R, Recover on L
右足前下沉, 左足回復
- 3&4 Make ½ Turn R w/ Triple Step (RLR)
三步右轉180度-右, 左, 右
- 5-6 Step forward on L, make ¼ pivot turn R on R
左足前踏, 右軸轉90度
- 7&8 Step L across R, Step R to R, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

ENDING: 1-2 Point R toe to R, Step R beside L, at the same time Point L toe to L and Strike a Pose! 結束 : 右足趾
右點, 右足併踏, 左足趾左點, 擺個姿勢做結束
