One Two Three Cha Cha

级数: Phrased High Beginner

编舞者: Sally Hung (TW) - February 2016

音乐: One Two Three Cha Cha Cha by The Empress Orchestra

Sequence Of Dance: AA BBB/ AA BB /A

Intro: 16 Counts, On Lyrics

拍数: 64

SECTION A (32 COUNTS)

- A1. POINT, CROSS STEP, POINT, CROSS STEP, SIDE ROCK, RECOVER, CROSS SHUFFLE
- 1,2,3,4 Touch R toes to R side, cross step R over L, touch L toes to L side, cross step L over R
- 5,6,7&8 Rock R to R side, recover onto L, cross shuffle on RLR

A2. POINT, CROSS STEP, POINT, CROSS STEP, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1,2,3,4 Touch L toes to L side, cross step L over R, touch R toes to R side, cross step R over L
- 5,6,7&8 Rock L to L side, recover onto R, cross shuffle on LRL

A3. FWD ROCK, RECOVER, CHA CHA BACK 3X

- 1,2,3&4 Rock R fwd, recover onto L, step R back, step L together, step R back
- 5&6,7&8 Cha cha back on LRL, cha cha back on RLR

A4. BACK ROCK, RECOVER, CHA CHA FWD, 1% TURN R KICK BALL CHANGE 2X

- 1,2,3&4 Rock back on L, recover onto R, step L fwd, step R together, step L fwd
- 5&6,7&8 Make a ¼ turn R kicking R fwd, step on R, step on L, make a ¼ turn R kicking R fwd, step on R, step on L

SECTION B (32 COUNTS)

B1. WEAVE L, CROSS SHUFFLE, SIDE ROCK, RECOVER

- 1,2,3,4 Step R across L, step L to L, step R behind L, step L to L
- 5&6,7,8 Cross shuffle on RLR, rock L to L side, recover onto R

B2. WEAVE R, CROSS SHUFFLE, SIDE ROCK, RECOVER

- 1,2,3,4 Step L across R, step R to R, step L behind R, step R to R
- 5&6,7,8 Corss shuffle on LRL, rock R to R side, recover onto L

B3. R FWD STEP, LOCK, STEP LOCK STEP, STEP PIVOT ½ TURN R, FWD SHUFFLE

- 1,2,3&4 Step R fwd, lock L behind R, step R fwd, lock L behind R, step R fwd
- 5,6,7&8 Step fwd on L, ½ pivot turn R, fwd shuffle on LRL

B4. POINT, KICK, COASTER STEP, POINT, KICK, COASTER STEP

- 1,2,3&4 Touch R toes next to L, kick R fwd, step back on R, step L next to R, step fwd on R
- 5,6,7&8 Touch L toes next to R, kick L fwd, step back on L, step R next to L, step fwd on L

Happy Dancing!

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墙数:4