

拍数: 32 墙数: 4 级数: Improver Cha Cha

编舞者: Noel Roos (SA) - May 2016

音乐: S.O.S. By Zonke



#16 COUNT INTRO - NO TAGS AND NO RESTARTS

SECTION 1: BASIC CUBAN RIGHT, 1/4 TURN LEFT, ROCK, RECOVER, LOCK STEP BACK

1-2-3 Step R To Side, Cross Rock L Over R, Recover

4&5 Step L To Side, Close R Beside L, Step L To Side Making ¼ Turn Left (9:00)

6-7 Rock R Forward, Recover

8&1 Lock Step Back Rlr

SECTION 2: SWEEP, BEHIND CROSS UNWIND, BASIC CUBAN RIGHT, TRIPLE STEP

2-3-4 Sweep L From Front And Cross Behind R, Unwind Full Turn, Weight On L

5-6-7 Step R To Side, Cross Rock L Over R, Recover

8& Step L To Side, Close R Beside L

SECTION 3: BASIC CUBAN LEFT, 1/4 TURN RIGHT, FULL TURN, LOCK STEP FORWARD

1-2-3 Step L To Side, Cross Rock R Over L, Recover

Step R To Side, Close L Beside R, Step R To Side Making ¼ Right 6-7

1/2 Turn Right Stepping Back On L, ½ Right Stepping Forward On R

8&1 Lock Step Forward Lrl (12:00)

SECTION 4: MAMBO X2, CUBAN PADDLE 1/4 TURN, TRIPLE TO THE RIGHT

2&3 Rock R Forward, Recover, Step R Beside L4&5 Rock L Back, Recover, Step L Beside R

6-7 Rock R To Side Rolling Hips Making 1/4Turn Left (9:00)

8& Step R To Side, Close L Beside R

START AGAIN AND ENJOY THIS AWESOME SOUTH AFRICAN CHA CHAD: