Slow Chacha

拍数: 32

级数: Beginner



音乐: Slow Chacha - Helmut Licht

Start dance after 32 counts:

Part 1□Cross Touch, Touch, Cross Chasse X2

- 1 2 3&4 Cross touch Rf over Lf, touch Rf to R, cross Rf over Lf, Lf to L, cross Rf over Lf
- 5 6 7&8 Cross touch Lf over Rf, touch Rf to L, cross Lf over Rf, Rf to R, cross Lf over Rf

Part 2 Rock, Recover, ½ turn shuffle, Rock, Recover 1/4 turn chasse

- 1 2 3&4 Rock Rf forward, recover Lf, 1/2 R turn step Rf forward, lock Lf behind, step Rf forward (6.00)
- 5 6 7&8 Rock Lf forward, ¼ R turn recover Rf, cross Lf over Rf, Rf to R, cross Lf over Rf (9.00)

Part 3 Step, Hold and Step, Touch , 1/2 Left turn Step, Hold and Step, Touch

- 1 2&3 4 Step RF to R, hold, step Lf beside Rf, step RF to R, touch Lf beside Rf
- 5 6&7 8 1/4 L turn Step LF to L, hold, step Rf beside Lf, step LF to L, touch Rf beside Lf (6.00)

Part 4 Step forward 7 times, Step, ¼ turn Touch, Rotate shoulders

- 1&2&3&4 Using the balls of the feet with small steps Step Rf forward, steps Lf forward, Step Rf forward, steps Lf forward, Step Rf forward, Step Rf forward, Step Rf forward
- 5 6 7&8 Step Lf forward, ¼ L turn touch R toe beside Lf, rotate shoulders RLR





協数・

墙数:4