

Cha Cha Cola

拍数: 32 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES) - February 2019
音乐: Sweet Like Cola - Lou Bega : (Album: Sweet Like Cola Special Edition)



Intro: 16 counts (approx. 11 secs) – bpm: 120 (approx.)

S1: Side R, Rock/Recover, Chasse, Rock/Recover, Chasse

1,2,3 Step R to R side, cross rock L over R, recover back R
4&5 Step L to L side, step R next to L, step L to L side
6,7 Cross rock R over L, recover back L
8&1 Step R to R side, step L next to R, step R to R side(12 o'clock)

S2: Rock/Recover, Ball Point, Heel Twists, Rock/Recover, Step Together

2,3 Rock fwd L, recover back R
&4&5 Step L next to R, point R toe fwd, twist both heels R, twist both heels back to centre (weight on L)
6,7 Rock back R, recover fwd L
8& Step fwd R, step L next to R*(12 o'clock)

***Restart During Wall 11, dance up to and including count 8& of Section 2 then RESTART facing 6 o'clock.**

S3: Skate, ¼ Turn, Skate, ¼ Turn, Jazz Box Cross

1,2 Skate R fwd slightly to R diagonal, make ¼ turn L (weight on L) (9 o'clock)
3,4 Skate R fwd slightly to R diagonal, make ¼ turn L (weight on L) (6 o'clock)
5,6 Cross R over L, step back L
7,8 Step R to R side, cross L over R(6 o'clock)

S4: Side, Together, Chasse, Rock/Recover, ¼ Turn Chasse

1,2 Step R to R side, step L next to R
3&4 Step R to R side, step L next to R, step R to R side
5,6 Cross rock L over R, recover back R
7&8 Make ¼ turn L stepping fwd L, step R next to L, step fwd L (3 o'clock)

Start Over