

Hot Rhythm Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Sher McIntosh (CAN) - September 2022
音乐: Hideaway (ChaChaCha 31BPM) (feat. Avera) - DJ Maksy



SECTION I: 4 HEEL BOUNCES (WITH 2 FINGER SNAPS), 4 SWAYS

1-8 RT foot 4 Heel Bounces(snap fingers on count 1 & 3, both arms to the right), 4 Sways to the RLRL

SECTION II: 4 HEEL BOUNCES (WITH 2 FINGER SNAPS), 4 SWAYS

1-8 LT foot 4 Heel Bounces(snap fingers on count 1&3, arms left), 4 Sways LRLR

SECTION III: Half Monterey Turn 1/ 4 RT, LT Mambo, RT Mambo, LT Mambo

1, 2 Point RT foot to RT side, Draw foot back to centre while turning 1 / 4 RT
3&4 LT Mambo Step
5&6 RT Mambo Step
7&8 LT Mambo Step

SECTION IV: RT Foot Shuffle FWD & Back 2X, RT Step, LT Touch, Big Step Left , Drag RT to meet, RT Step, LT Step

&1&2 Brush RT foot FWD, Back, FWD, Back
3, 4 RT Step, LT Touch
5, 6 Big Step to Left with LT foot, Drag RT foot to meet
7, 8 RT Step, LT Step

SECTION V: Tap Ball of RT Foot FWD , Hitch RT Knee, RT Step Back, Walk Back 2 more times, repeat all with Left Foot

1&2 Tap ball of RT Foot FWD, Tap LT heel(raise and lower left heel only and Hitch RT knee at the same time), Step Back on RT Foot
3, 4 Moving Backwards Step LT, Step RT
5&6 Tap ball of LT Foot FWD, Tap RT heel(raise and lower right heel only and Hitch LT knee at the same time), Step Back on LT Foot
7, 8 Moving Backwards Step RT, Step LT

SECTION VI: Point RT Leg to RT Side(with a bit of a dip), Out and In (with weight), Walk FWD 2X, repeat all on Left Side

1 – 4 Point RT leg to RT Side (out), step RT foot (In)with weight, LT walk, RT walk
5 – 8 Point LT leg to LT Side (out), step RT foot (In)with weight, RT walk, LT walk

Contact: shermcintosh67@gmail.com