

# First Cha (Walker-Rollator)

**COPPER KNOB**  
STEPSHEETS

拍数: 16      墙数: 2      级数: Walker  
编舞者: María Lippe (SWE)  
音乐: Un Momento Alla - Rick Trevino  
或: Over the Rainbow - Scooter Lee  
或: Something Stupid - Scooter Lee



(Walker modifications provided by A.J. Herbert, [ajluv2dans@gmail.com](mailto:ajluv2dans@gmail.com), Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Note Counts '8 &' start a right chasse, ending with Count 1 of next wall.

## Side, Rock, Recover

- 1                      Step slightly right to right side (within walker space)
- 2                      Rock forward on left
- 3                      Recover onto right

## Left Chasse, Back Rock, Recover

- 4                      Step left to left side (within walker space).
- &                      Close right beside left.
- 5                      Step left to left side (within walker space).
- 6                      Rock right back
- 7                      Recover onto left

## Right Forward Shuffle (beginning 1/2 turn right), Step Left, Step Right

- 8 & 1                      (beginning right turn) Step right forward. Close left beside right. Step right forward
- 2                      Step left forward,
- 3                      Step right forward

## Left Forward Shuffle (completing 1/2 turn right), Hip Sways, Side, Close

- 4 & 5                      Step left forward. Close right beside left. Step left forward completing half turn right
- 6                      Rock right to right side, swaying hips right
- 7                      Recover onto left, swaying hips left
- 8 &                      Step right to right side. Close left beside right (within walker space)