Niinku Cha Cha EZ



拍数: 32 墙数: 4 级数: Absolute Beginner

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音乐: Cha Cha Cha - Käärijä



Country music suggestions: Country as a Boy Can Be by Brady Seals Long Time Gone by Dixie Chicks (restart on wall 3 after 24 counts) Wagon Weel by Darius Rucker

Start the dance after 16 counts intro approx. 12 seconds into track.

[1-8]: Arms forward R hand, L hand, grab with R hand L hand, bring hands to ears R hand L hand

1	Step out R keeping weight in center as you push your R arm straight forward palm facing
	forward (1)

2 Push your L arm straight forward palm facing forward (2)

Make a fist with your R hand as if you were grabbing something (3)

Make a fist with your L hand as if you were grabbing something (4)

5 Bring R hand to the right side of your head (5) 6 Bring L hand to the left side of your head (6) 7,8 Tilt your head to right (7), tilt your head to left (8)

[9-16]: Side, together, side, scuff, cross rock, kick, cross rock, kick

3,4	Step R to side (3), scuff L next t	to R (4)	
•, .	5 top : (to 5.00 (5), 550 =		

5,6 Cross rock L over R (5), recover weight to R as you kick L forward (6) 7,8 Cross rock L over R (7), recover weight to R as you kick L forward (8)

[17-24]: Side touches x2, side, together, side, scuff

1,2	Step L to side (1), touch R next to L (2)
3,4	Step R to side (3), touch L next to R (4)
5,6	Step L to side (5), step R next to L (6)
7,8	Step L to side (7), scuff R next to L (8)

[25-32]: Cross rock, kick, cross rock, kick, side, touch, 1/4 turn, touch

1,2	Cross rock R over L (1), recover weight to L as you kick R forward (2)
3,4	Cross rock R over L (3), recover weight to L as you kick R forward (4)

5,6 Step R to side (5), touch L next to R (6)

7,8 ½ turn left stepping L forward (7), touch R next to left (8)

Start again

Have fun dancing!

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^{*} easier option for counts 2 and 4 is to not kick, just do double rock recover forward, or a rocking chair