

Poquito Cha

拍数: 32 墙数: 4 级数: Beginner
编舞者: James Hart (USA) - August 2023
音乐: Poquito Spanish, Poquito Funk - George Benson



Note: the song is long and you might want to fade it out after a bit. Start when George says "like this".

This is a very laid back and chill song/dance combo. Put soul into it!

SHUFFLES AND ROCKS

1&2 Shuffle forward RF-LF-RF
3-4 Rock forward onto LF, rock recover back to RF
5&6 Shuffle back LF-RF-LF
7-8 Rock back onto RF, rock recover forward to LF

1/2 TURN SHUFFLES AND ROCKS

1&2 Shuffle forward RF-LF-RF while turning a 1/2 turn CCW
(counter clockwise)
3-4 Rock back onto LF, rock recover forward to RF
5&6 Shuffle forward LF-RF-LF while turning a 1/2 turn CW
(clockwise)
7-8 Rock back onto RF, rock recover forward to LF

1/4 TURN CCW, STEP SLIDES (PUT SOME HIP MOTION INTO STEP SLIDES)

1-2, 3&4 While still on LF, pivot turn a 1/4 turn CCW and step RF to right side, slide LF to beside RF and step on LF, side shuffle RF-LF-RF
5-6, 7&8 Step LF to left side, slide RF to beside LF and step on RF, step LF to left side, slide RF to beside LF and tap ball of RF

Alternate steps

You can also do a syncopated step to the side with the rhythm

1-2&3-4.

RIGHT SIDE TOGETHER, SIDE SHUFFLE, LEFT SIDE TOEGTHER, SIDE SHUFFLE

1-2 While still on LF, pivot turn a 1/4 turn CCW and step RF to right side, slide LF to beside RF and step on LF
3&4 Side shuffle RF-LF-RF
5-6 Step LF to left side, slide RF to beside LF and step on RF
7&8 Side shuffle LF-RF-LF

STEP TAPS AND SWAYS

1-2 Step to right side and tap LF beside RF
3&4 Step to left side and tap RF beside LF
5-8 Use hip motion and sway step forward on RF, LF, RF, LF

START OVER

Last Update: 5 Aug 2024