

# Slow Cha in SF

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: V. Allen L. Isidro (USA) - April 2024  
音乐: Slow Dance - Scotty McCreery



**Note:** Inspired while teaching BHNC (Bernal Heights Neighborhood Center in San Francisco) seniors Lupe (91 yrs old) and Maura (81 yrs old) how to do country shuffle (cha cha)

**Set 1 Rock forward, recover, shuffle in place, rock back, recover, shuffle in place**

1-2, 3&4      Forward L – recover R – shuffle L-R-L  
5-6, 7&8      Back R – recover L – shuffle R-L-R

**Set 2 Cross rock, recover, side chasse, cross rock, recover, side chasse**

1-2, 3&4      Cross L over R – recover R – side shuffle L-R-L  
5-6, 7&8      Cross R over L – recover L – side shuffle R-L-R

**Set 3 Weave right, left rocking chair**

1-2-3-4      Cross L – side R - behind L – side R  
5-6-7-8      Forward L – recover R – back L – recover R

**Set 4 ¼ turning cha-cha box**

1-2, 3&4      ¼ turning side L – together R – forward shuffle L-R-L (3:00)  
5-6, 7&8      Side R – together L – coaster shuffle R-L-R

Tag 1-2-3-4      Forward L - together touch R - back R - together touch L (after wall 3 facing 12:00) before restart

**START ALL OVER ON NEW WALL**

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