

Lost Island Cha Cha

COPPER KNOB
STEPPERS

拍数: 0 墙数: 4
编舞者: Georg Engberg (FIN)
音乐: Island - Eddy Raven

级数: Intermediate



Sequence: AA, BB, AA, BB, BB

PART A

SHUFFLE, PIVOT ½, SHUFFLE, PIVOT ½

- 1&2 Shuffle forward (right-left-right)
- 3-4 Step left forward, pivot ½ turn to right
- 5&6 Shuffle forward (left-right-left)
- 7-8 Step right forward, pivot ½ turn to left

MAMBO STEPS, SAILOR SHUFFLES

- 1&2 Rock right onto right foot, rock back on to left, step right foot beside left
- 3&4 Rock left onto left foot, rock back on to right, step left foot beside right
- 5&6 Cross step right foot behind left, step left foot to left, step right foot slightly right
- 7&8 Cross step left foot behind right, step right foot to right, step left foot slightly left

PIVOT ½, SHUFFLE, ¼ STEP TURN, SHUFFLE

- 1-2 Step right forward, pivot ½ turn to left
- 3&4 Shuffle forward (right-left-right)
- 5-6 Step left slightly back, turn ¼ left with weight on both feet (weight ends on right foot)
- 7&8 Shuffle forward (left-right-left)

ROCK STEP, CHASSE, ROCK STEP, CHASSE

- 1-2 Rock right across left, recover weight on left
- 3&4 Shuffle right (right-left-right)
- 5-6 Rock left behind right, recover weight on right
- 7&8 Shuffle left (left-right-left)

PART B

SHUFFLE, ROCK STEP, SHUFFLE, ROCK STEP

- 1&2 Shuffle back (right-left-right)
- 3-4 Rock step back left, recover weight on right
- 5&6 Shuffle back (left-right-left)
- 7-8 Rock step back right, recover weight on left

HIP WALKS FORWARD

- 1&2 Step right forward while pushing hips to right, push hips to left, push hips to right
- 3&4 Step left forward while pushing hips to left, push hips to right, push hips to left
- 5&6 Step right forward while pushing hips to right, push hips to left, push hips to right
- 7&8 Step left forward while pushing hips to left, push hips to right, push hips to left

POINT, SWEEP, SHUFFLE TURN ¼, CROSS STEP, UNWIND, SHUFFLE

- 1 Point right toe to right
- 2 Sweep right to right turning ½ to right (weight ends on right foot)
- 3&4 Shuffle forward (left-right-left) turning ¼ to right
- 5 Step right behind left
- 6 Unwind ½ turn to right (weight ends on right foot)
- 7&8 Shuffle forward (left-right-left)

STEP, STEP, CHASSE, ROCK STEP, CHASSE

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|-----|---|
| 1-2 | Step right to right, step left behind right |
| 3&4 | Shuffle to right (right-left-right) |
| 5-6 | Rock left across right, recover weight on right |
| 7&8 | Shuffle to left (left-right-left) |
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