

Nada Cha

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Schrank (USA)
音乐: You Still Do It For Me - Jason McCoy



SWAY, SWAY, SAILOR STEP, LOCK STEP, BRUSH, STEP, TAP, BALL, ½ TURN-STEP

- 1-2 Step right foot right (sway hips right), sway to the left (weight to left)
- 3&4 Step ball of right foot behind left, step left foot next to right, step right foot forward
- &5&6 Lock step left foot behind right, step right foot forward, brush left foot forward, step left foot forward
- 7-8 Step ball of right foot behind left, turn ½ left and step forward on left foot (6:00)

SIDE, BEHIND, TURN, CROSS-BALL-CROSS, SIDE, HEEL-JACK-LEFT, HEEL-JACK-RIGHT, CROSS

- 1-2 Turn ¼ left and step right foot right, step ball of left foot behind right (3:00)
- &3&4 Turn ½ turn left and step ball of right behind left, cross left foot over right, step ball of right foot behind left, cross left foot over right (9:00)
- &5&6 Step right foot side and slightly back, touch left heel diagonally left, step left foot next to right foot, cross right foot over left (9:00)
- &7&8 Step left foot side and slightly back, touch right heel diagonally right, step right foot next to left foot, cross left foot over right

SWAY, SWAY, SAILOR STEP, ROCK, RECOVER, CHASSE ½ TURN

- 1-2 Step right foot right (sway hips right), sway to the left (weight to left)
- 3&4 Step ball of right foot behind left, step left foot next to right, step right foot forward
- 5-6 Rock forward on left foot, recover weight right foot
- 7&8 Turn ½ left and step left foot to side, step right foot next to left, step left foot to side (3:00)

CROSS-ROCK, RECOVER, CROSS-ROCK, TURN, PIVOT TURN, CROSS, ½ TURN, CROSS

- 1&2 Cross rock right foot over left, recover weight to ball of left foot, step right foot next to left
- 3&4 Cross rock left foot over right, recover weight to ball of right foot, turn ¼ left and step left foot forward (12:00)
- 5&6 Step ball of right foot forward, turn ¼ left (weight to left), cross right foot over left (9:00)
- 7&8 Step back on left foot, turn ¼ right and step right foot to side, turn ¼ turn right and cross step left foot over right (3:00)

REPEAT
