

# One Way Cha (P)

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 0      级数: Partner  
编舞者: Mark Caley (UK) & Jan Caley (UK)  
音乐: If I Could Have This Dance - Paul Bailey



**Position: Facing each other in Closed Country western Position**

## MAN'S STEPS

### STEP LEFT TO SIDE, ROCK, RECOVER, TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT

1-2-3      Step left to side, right rock back behind left, recover weight to left  
4&5      Cha-cha-cha to right (right, left, right)  
6-7      Left cross rock diagonally forward, recover weight on right  
8&9      Cha-cha-cha to left (left, right, left)

### ROCK BACK, RECOVER, TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT

10-11      Right rock back behind left, recover weight to left  
**On count 10 - man raises his left arm releases right as the lady turns full turn right**  
12&13      Cha-cha-cha to right (right, left, right)  
14-15      Left cross rock diagonally forward, recover weight on right  
**Keep left hand raised as lady turns left**  
16&17      Cha-cha-cha to left (left, right, left)  
**Now facing each other in closed western position**

### ROCK, RECOVER, RIGHT TRIPLE FORWARD, ROCK, RECOVER, LEFT TRIPLE BACK

18-19      Rock back on right, recover weight to left  
20&21      Right cha-cha-cha forward (right, left, right)  
22-23      Rock forward on left, recover weight to right  
24&25      Left cha-cha-cha back (left, right, left)

### STEP RIGHT BACK MAKING ¼ TURN LEFT, SIDE STEP, TRIPLE MAKING ¼ TURN LEFT, ROCK FORWARD, RECOVER, LEFT TRIPLE BACK

26-27      Step back on right making ¼ turn left, left steps to side  
**Release right hand and raise left. At this point the man will be side on to the lady**  
28&29      Right cha-cha-cha making a ¼ turn left  
**The lady will be turning ½ turn right**  
30-31      Rock forward on left, recover weight to right  
**Now facing the lady - your left hand holding her right**  
32&33      Left cha-cha-cha back (left, right, left)

### STEP RIGHT BACK MAKING ¼ TURN LEFT, SIDE STEP, TRIPLE MAKING ¼ TURN LEFT, ROCK FORWARD, RECOVER, LEFT TRIPLE BACK

34-35      Step back on right making ¼ turn left, left steps to side  
**At this point the man will be side on to the lady. Raise left hand again**  
36&37      Right cha-cha-cha making a ¼ turn left  
**The lady will be turning ½ turn right**  
38-39      Rock forward on left, recover weight to right  
**Now facing each other in closed western position**  
40&41      Left cha-cha-cha back (left, right, left)

### ROCK, RECOVER, RIGHT TRIPLE FORWARD, PIVOT ½ TURN RIGHT, LEFT TRIPLE FORWARD

42-43      Rock back on right, recover weight to left  
44&45      Right cha-cha-cha forward (right, left, right)  
46-47      Step forward on left, pivot ½ turn right

**Release both arms - no arm hold between counts 46-55**

48&49 Left cha-cha-cha forward

**The lady will be behind the man - following you**

**PIVOT ½ TURN LEFT, RIGHT TRIPLE FORWARD, ROCK, RECOVER, LEFT TRIPLE BACK**

50-51 Step forward on right, pivot ½ turn left

52&53 Right cha-cha-cha forward (right, left, right)

**The man will be behind the lady - following her**

54-55 Rock forward on left, recover weight to right

**The lady will pivot ½ turn at this point**

56&57 Left cha-cha-cha back (left, right, left)

**Now facing each other in closed western position**

**ROCK, RECOVER, RIGHT TRIPLE FORWARD, FULL TURN RIGHT, SIDE LEFT TRIPLE**

58-59 Rock back on right, recover weight to left

60&61 Right cha-cha-cha forward (right, left, right)

62-63 Left step across right starting to make a full turn right, complete the turn stepping on right

**Release arms on turn**

64&(1) Cha-cha-cha to left (left, right, left)

**Count 1 links end of dance to start**

**REPEAT**

**LADY'S STEPS**

**STEP RIGHT TO SIDE, ROCK, RECOVER, TRIPLE LEFT, ROCK RECOVER, TRIPLE RIGHT**

1-2-3 Step right to side, left rock diagonally forward, recover weight to right

4&5 Cha-cha-cha to left (left, right, left)

6-7 Right rock diagonally back, recover weight on left

8&9 Cha-cha-cha to right (right, left, right)

**FULL TURN RIGHT, TRIPLE LEFT, FULL TURN LEFT, TRIPLE RIGHT**

10-11 Left step across right starting to make full turn right, complete the turn stepping on right

**On count 10 - raise your right arm and release left as you turn full turn right**

12&13 Cha-cha-cha to left (left, right, left)

14-15 Right step across left starting to make full turn left, complete the turn stepping on left

**Keep right hand raised as you turn full turn left**

16&17 Cha-cha-cha to right (right, left, right)

**Now facing each other in closed western position**

**ROCK, RECOVER, LEFT TRIPLE BACK, ROCK, RECOVER, RIGHT TRIPLE FORWARD**

18-19 Rock forward on left, recover weight to right

20&21 Left cha-cha-cha back (left, right, left)

22-23 Rock back on right, recover weight to left

24&25 Right cha-cha-cha forward (right, left, right)

**WALK FORWARD LEFT, RIGHT, TRIPLE ½ TURN RIGHT FORWARD, ROCK BACK, RECOVER, RIGHT TRIPLE FORWARD**

26-27 Walk forward left, right

**At this point the man will side on to your left side. Raise right arm as you turn under your own arm, release left**

28&29 Left cha-cha-cha forward making a ½ turn right

30-31 Rock back on right, recover weight to left

**Now facing the man - lady right hand holding his left**

32&33 Right cha-cha-cha forward (right, left, right)

**WALK FORWARD LEFT, RIGHT, TRIPLE ½ TURN RIGHT FORWARD, ROCK BACK, RECOVER, RIGHT TRIPLE FORWARD**

34-35 Walk forward left, right

**At this point the man will side on to your left side. Raise right arm again as you turn under your own arm**

36&37 Left cha-cha-cha forward making a ½ turn right

38-39 Rock back on right, recover weight to left

**Now facing the man in closed western position**

40&41 Right cha-cha-cha forward (right, left, right)

**ROCK, RECOVER, LEFT TRIPLE BACK, ROCK, RECOVER, RIGHT TRIPLE FORWARD**

42-43 Rock forward on left, recover weight to right

44&45 Left cha-cha-cha back (left, right, left)

46-47 Rock back on right, recover weight on left

**Release both arms - no arm hold between counts 46-55**

48&49 Right cha-cha-cha forward

**The lady will be behind the man - following him**

**PIVOT ½ TURN RIGHT, LEFT TRIPLE FORWARD, PIVOT ½ TURN LEFT, RIGHT TRIPLE FORWARD**

50-51 Step forward on left, pivot ½ turn right

52&53 Left cha-cha-cha forward (left, right, left)

**The man will be behind the lady - following her**

54-55 Step forward on right, pivot ½ turn left

**The man will rock recover at this point**

56&57 Right cha-cha-cha forward (right, left, right)

**Now facing each other in closed western position**

**ROCK, RECOVER, LEFT TRIPLE BACK, FULL TURN LEFT, SIDE RIGHT TRIPLE**

58-59 Rock forward on left, recover weight to right

60&61 Left cha-cha-cha back (left, right, left)

62-63 Right step across left starting to make a full turn left, complete the turn stepping on left

**Release arms on turn**

64&(1) Cha-cha-cha to right (right, left, right)

**Count 1 links end of dance to start**

**REPEAT**

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