Over 40 Cha-Cha



拍数: 40 墙数: 1 级数: Intermediate

编舞者: Forty Arroyo (USA)

音乐: Laredo Rose - Texas Tornados



Dedicated to the very talented instructor/choreographer Janet Humphrey.

CROSS, ROCK, 1/2 RIGHT, SHUFFLE RIGHT-LEFT-RIGHT

1-4 Cross rock right over left, rock back on left, shuffle in place right-left-right while turning ½ right
5-8 Cross rock left over right, rock back on right, shuffle in place left-right-left while turning ½ left

STOMP, STEP-TOUCHES

1-2& Stomp right next to left, stamp left next to right twice

3&4 Step left forward diagonally to left, touch right toes next to left, step back diagonally to right

5-6& Stomp left next to right, stamp right next to left twice

7&8 Step right forward diagonally to right, touch left toes next to right, step back diagonally to left

STEP, CROSS BEHIND, STEP, CROSS BEHIND, CROSS BEHIND, 1/4 LEFT, STOMP, STOMP

Step right, cross left behind right while bending right knee forward, repeat for steps 3, 4
 Cross right behind left, step left while turning ¼ left, stomp right next to left, stomp left next to

right

BRUSH BALL TOUCH, CROSS, 1/2 TURN

1&2 Brush right forward, step in place on ball of right, touch left toes to side &3-4 Step left in place, cross right over left, unwind ½ left (weight on left)

5-8 Repeat steps 1 thru 4 in this section

CROSS ROCK, STEP, SHUFFLE 1/4 RIGHT, ROCK, STEP, SHUFFLE

1-4 Cross right over left, step left in place, shuffle in place left-right-left while turning ¼ right

5-8 Cross left over right, step right in place, shuffle in place right-left-right

REPEAT