3blah Cha Cha



拍数: 32 编数: Improver social cha

编舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)

音乐: Blah, Blah, Blah Cha Cha - Titus Turner



KNEE POPS

1-2 Pop left knee forward as toe is forward, circle knee outside to	left side
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3-4 Start to straighten knee back, step on left

5-6 Pop right knee forward as toe is forward, circle knee outside to right side

7-8 Start to straighten knee back, step on right

STEP, SLIDE, ROCK STEP, RECOVER, SIDE SHUFFLES

9-10	Step	lef	t to	left	side,	slide	right ne	ext to left

11&12 Step left to left side, step right next to left, step left to left side 13-14 Diagonally rock back on right behind left, recover on left

15&16 Step right to right side, step left next to right, step right to right side

CROSS ROCKS, RECOVERS,3/4 TURN TO THE LEFT SHUFFLES,1/2 TURN TO THE RIGHT SHUFFLES

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17-18	Cross rock left over right, recover on right
19&20	Step left making $\frac{1}{4}$ turn to the left, step right back making $\frac{1}{4}$ turn to the left, step left next to right making $\frac{1}{4}$ turn to the left
21-22	Cross right over left, recover on left
23&24	Sway hips while stepping right making $\frac{1}{4}$ turn to the right, step left making $\frac{1}{4}$ turn to the right, step right next to left
25-26	Cross rock left over right, recover on right
27&28	Step left making $\frac{1}{4}$ turn to the left, step right back making $\frac{1}{4}$ turn to the left, step left next to right making $\frac{1}{4}$ turn to the left
29-30	Cross right over left, recover on left
31&32	Sway hips while stepping right making $\frac{1}{4}$ turn to the right, step left making $\frac{1}{4}$ turn to the right, step right next to left

REPEAT