John & Yoko



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音乐: The Ballad of John and Yoko - The Beatles



BASIC CHA-CHA BACK AND FORWARD

1-2-3&4 Step back on right, recover to left, right shuffle forward 5-6-7&8 Step forward on left, recover to right, left shuffle back

BASIC CHA-CHA SIDE STEPS

1-2-3&4 Step right to side, recover to left foot, right shuffle in place 5-6-7&8 Step left to side, recover to right foot, left shuffle in place

VINE 2 RIGHT, RIGHT SIDE SHUFFLE, ROCK 4, VINE 2 LEFT, LEFT SIDE SHUFFLE, ROCK 4

1-2-3&4 Step right to side, step left behind right, right shuffle to side

5-8 Rock forward on left, recover to right, rock back on left, recover to right

1-2-3&4 Step left to side, step right behind left, left shuffle to side

5-8 Rock forward on right, recover to left, rock back on right, recover to left

VINE 2 RIGHT, RIGHT SHUFFLE TURNING ¼ TURN RIGHT, SLOW ½ PIVOT TURN RIGHT

1-2 Step right to side, step left behind right3&4 Right shuffle to the side turning ¼ turn right

5-6 Step forward on left foot, hold

7-8 Turn ½ turn right and shift weight to right foot, hold

LEFT SHUFFLE FORWARD, ROCK SIDE/RECOVER, RIGHT SHUFFLE FORWARD, ROCK SIDE/RECOVER

1&2 Left shuffle forward

3-4 Rock right to side, recover to left foot

5&6 Right shuffle forward

7-8 Rock left to side, recover to right foot

LEFT BASIC CHA-CHA, PIVOT 1/4 TURN LEFT, RIGHT SHUFFLE IN PLACE

1-2-3&4 Step forward on left, recover to right, left shuffle in place

5-6 Step forward on right, turn 1/4 turn left and shift weight to left foot

7&8 Right shuffle in place

STEP FORWARD ON LEFT, RECOVER TO RIGHT, LEFT SHUFFLE TURNING ½ TURN LEFT

1-2-3&4 Step forward on left, recover to right, left shuffle turning ½ turn left

5&6 Mambo side step: step right to side, recover to left foot, step right beside left 7&8 Mambo side step: step left to side, recover to right foot, step left beside right

REPEAT