J's Cha-Cha

拍数: 64

级数: Intermediate

编舞者: Bob Ferrone

音乐: Boomerang Love - Jimmy Buffett

BASIC CHA-CHA PATTERN WITH SYNCOPATED CHA-CHA STEPS

- 1 Left foot step forward, weight shifts to left foot-right heel lifts, right toe stays in position but may lift slightly
- 2 Right foot step in place, weight rocks back on the right foot
- 3-4 Left foot step to close to right foot, right foot step in place, left foot step in place
- 5 Right foot step backward, weight shifts to the right foot-left heel lifts, left toe stays in position but may lift slightly
- 6 Left foot step in place, weight rocks forward on the left foot
- 7-8 Right foot step to close to left foot, left foot step in place, right foot step in place

FULL TURN WITH SYNCOPATED CHA-CHA STEPS

- 9 Left foot step forward, weight shifts to both right and left toes-right heel lifts slightly, pivot on toes ½ turn to the right
- 10 Right toe stays in place, weight stays on the right foot and left foot step forward, weight shifts to both right and left toes-right heel lifts slightly, pivot on toes ½ turn to the right
- 11-12 Left foot step to close to right foot, right foot step in place, left foot step in place
- 13 Right foot step backward, weight shifts to the right foot-left heel lifts, left toe stays in position but may lift slightly
- 14 Left foot step in place, weight rocks forward on the left foot
- 15-16 Right foot step to close to left foot, left foot step in place, right foot step in place

SLIDE STEP LEFT WITH SYNCOPATED CHA-CHA STEPS

- 17 Left foot step left
- 18 Right foot slides left to close to the left foot
- 19-20 Left foot step in place, right foot step in place, left foot step in place

SLIDE STEP RIGHT WITH SYNCOPATED CHA-CHA STEPS

- 21 Right foot step right
- 22 Left foot slides to right to close to the right foot
- 23-24 Right foot step in place, left foot step in place, right foot step in place

MODIFIED VINE TO THE LEFT WITH SYNCOPATED CHA-CHA STEPS

- 25 Left foot step left
- 26 Right foot step behind left leg to the left
- 27-28 Left foot step left, right foot close to left foot, left foot step in place

MODIFIED VINE TO THE RIGHT WITH SYNCOPATED CHA-CHA STEPS

- 29 Right foot step right
- 30 Left foot step behind right foot to the right
- 31-32 Right foot step right, left foot close to right foot, right foot step in place

LEFT HEEL AND SYNCOPATED RIGHT POINT BALL CHANGE

- 33 Left heel touch forward and slightly to the left
- 34 Left foot close to right foot





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墙数:4

35-36 Right toe points diagonally to the front and right-remaining slightly off the floor and then ball of right foot closes to left foot and then the left foot steps in place

RIGHT HEEL AND SYNCOPATED LEFT POINT BALL CHANGE

- 37 Right heel touch forward and slightly to the right
- 38 Right foot close to left foot
- 39-40 Left toe points diagonally to the front and left-remaining slightly off the floor and then ball of left foot closes to right foot and then the right foot steps in place

For style, a toe touch forward may be used instead of heel touch in Counts 33 and 37.

MODIFIED JAZZ BOX TO THE RIGHT WITH SYNCOPATED CHA-CHA STEPS

- 41 Left foot step in front of right leg to the right
- 42 Right foot step backward
- 43-44 Left foot step to close to right foot, right foot step in place, left foot step in place

MODIFIED JAZZ BOX TO THE LEFT WITH SYNCOPATED CHA-CHA STEPS

- 45 Right foot step in front of left leg to the left
- 46 Left foot step backward
- 47-48 Right foot step to close to left foot, left foot step in place, right foot step in place

LEFT SIDE PIVOTS WITH SYNCOPATED CHA-CHA STEPS

- 49 Left foot step ¼ turn to the left; weight shifts to the left foot-right heel lifts; right toe stays in position, but may pivot slightly to the left
- 50 Right foot step in original position, weight rocks back on the right foot
- 51-52 Left foot step to close to right foot, right foot step in place, left foot step in place

RIGHT SIDE PIVOTS WITH SYNCOPATED CHA-CHA STEPS

- 53 Right foot step ¼ turn to the right; weight shifts to the right foot-left heel lifts; left toe stays in position, but may pivot slightly to the right
- 54 Left foot step in original position, weight rocks backward on the left foot
- 55-56 Right foot step to close to left foot, left foot step in place, right foot step in place

MODIFIED VINE TO THE LEFT WITH SYNCOPATED CHA-CHA STEPS

- 57 Left foot step left
- 58 Right foot step behind left leg to the left
- 59-60 Left foot step left, right foot close to left foot, left foot step in place

MODIFIED VINE TO THE RIGHT WITH SYNCOPATED CHA-CHA STEPS

- 61 Right foot step right
- 62 Left foot step behind right leg to the right
- 63-64 Right foot right, left foot close to right foot, right foot step in place

REPEAT

1

On all repeats substitute the following Count 1:

Left foot step 1/4 turn to the left