

Hideaway Cha

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate Cha Cha
编舞者: Joanne Brady (USA), Jamie Marshall (USA) & Jo Thompson Szymanski (USA) - August 2000
音乐: Dance With Me - Debelah Morgan



Intro: It works best if you start after 8 counts on the word "dance", if not, you can wait 40 counts and then start.

This song is based on the classic melody "Hernando's Hideaway, thus the name of the dance.

3 WALKS FORWARD, FORWARD TRIPLE, ROCK, RECOVER, BACK LOCK TRIPLE

1-3 Step L forward; Step R forward; Step L forward

Styling: You can step slightly across on each step using a swivel walk action

4&5 Step R forward; Step L together; Step R forward

6-7 Rock L forward; Recover weight back to R

8&1 Step L back; Lock step R across front of L; Step L back

1/4 TURN RIGHT, 2 SIDE SWAYS, 2 QUICK SWAYS AND DRAG, BALL CROSS

2-3 Turn 1/4 right step R to right with body sway; Step L to left with body sway

4& Feet apart - Shift weight to R (small body sway); Shift weight to L (small body sway)

5-6 Big step R to right; Drag L toe in toward R

&7 Step back on ball of L; Step R across front of L

SIDE CHA, CROSS ROCK, SIDE CHA, CROSS ROCK

8&1 Step L to left; Step R together; Step L to left

2-3 Rock R across in front of L; Recover weight back to L

4&5 Step R to right; Step L together; Step R to right

6-7 Rock L across in front of R; Recover weight back to R

SIDE CHA, HOLD, 2 SYNCOPATED SAILORS, ROCK, RECOVER, 1/2 TURN RIGHT

8&1 Step L to left; Step R together; Step L to left

2 Hold

&3& Step R behind L; Step L to left; Step R slightly forward (centered under body)

4&5 Step L behind R; Step R to right; Step L slightly forward (centered under body)

6-7 Rock R forward; Recover weight back to L turning 1/2 right

8 Step R forward

START AGAIN FROM BEGINNING OF DANCE

Last Update – 1st Oct 2014