Fred & Ginger (P)



编舞者: Pauline Nash (USA)

音乐: When You Say Nothing At All - Alison Krauss & Union Station



Position: Begin by facing each other in Traditional 2-Step position

1-2-3&4 **MAN:** Rock forward on left, back on right, left cha-cha-cha

LADY: Rock back on right, forward on left, then right cha-cha-cha

5-6-7&8 MAN: Rock back on right, forward on left, right cha-cha-cha

LADY: Rock forward on left, back on right, left cha-cha-cha

9-10-11&12 MAN: (Hold lady's right hand in your left, drop other hand) cross left foot over right, turning 1/4

toward right, facing outside of circle, rock forward on left, back on right turning back facing

LOD, then left cha-cha-cha

LADY: Cross right foot over left, turning 1/4 toward left, facing outside of circle, rock forward on

right, back on left, turning back facing partner, then right cha-cha-cha

13-14-15&16 MAN: (Hold lady's left hand in your right, drop other hand.) Cross right foot over left, turning 1/4

toward left, facing inside of circle, rock forward on right, back on left, turning back facing

LOD, then right cha-cha-cha

LADY: Cross left foot over right, turning ¼ toward right, facing inside of circle, rock forward on

left, back on right, turning back facing partner then left cha-cha-cha

17-18-19&20 MAN: Same as steps 9-12, except lady will turn under your left arm

LADY: Cross right foot over left, turning \(\frac{1}{2} \), to left then turn \(\frac{1}{2} \) to left, under man's arm,

stepping down on left foot. You are facing inside of circle. Do right cha-cha-cha

Now change hands

21-22-23&24 MAN: Same as steps 13-16, except lady will turn under your right arm

LADY: Step forward on left, pivot ½ to right under man's arm, putting weight on right foot.

You are now facing outside of circle. Do left cha-cha-cha

Now change hands again

25-26-27&28 MAN: Step left, right, then left cha-cha-cha

LADY: Step forward on right, turn 1/4 left, stepping on left, putting you into sweetheart position

then do a right cha-cha-cha

29&30-31&32-33&34 MAN: Shuffle forward 3 times, right, left, right, switching hands on last shuffle

LADY: Shuffle forward twice, left and right, then do a turning shuffle beginning with left foot

and turning ½ to the right so that you are now facing your partner.

REPEAT