

Black And White Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Terry Hogan (AUS)
音乐: Livin' In Black and White - Tracy Lawrence



1-4 Step forward right, left, cha-cha slightly forward right-left-right
5-6 Step forward on left foot, hold
7-8 Rock backward onto right foot, hold

The "hold" steps should not be complete stops, but rather a slow continuation of the weight change from one foot to the other

9&10 Step backward on the ball of left foot, step right foot beside left, step forward on left (coaster step)
11 Step forward on right foot
12 Leaving left foot in place so that feet are apart, twist on balls of both feet to make ¼ turn left
13 Twist on balls of both feet making ¼ turn right taking weight onto left foot
14 Step backward on right foot
15&16 Shuffle backward and slightly left left-right-left, crossing right foot over left on "&" count
17&18 Shuffle backward and slightly right right-left-right, crossing left foot over right on "&" count

On last step of this shuffle keep weight forward over left foot. On both shuffles, head faces front while shoulders are angled slightly to the direction traveled

19-20 Step forward left, right, making a full turn left (pushing forward with right foot)
21&22 Shuffle forward left-right-left
& Make ¼ turn left on ball of left foot
23&24 Shuffle backward right-left-right
25&26 Step backward on ball of left foot, step right foot beside left making ¼ turn left, step forward on left
27&28 Cha-cha in place right-left-right making ¾ turn left
29-30 Step forward on left, rock backward onto right
31 Rock/push forward onto left foot
&32 Rock back onto ball of right foot, step on ball of left foot beside right

REPEAT