

Mockingbird Cha

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Joenan (AUS) - October 2007
音乐: Mockin' Bird (Cha Cha / 30 BPM) - Ross Mitchell, His Band and Singers



Count in: 16 counts

ROCK, RECOVER, SHUFFLE FORWARD, HIP SWAYS, SHUFFLE FORWARD

- 1-2 Rock back on Right, recover onto Left
- 3&4 Shuffle forward on Right, Left, Right
- 5-6 Step Left forward and sway hips forward, sway hips back
- 7&8 Shuffle forward on Left, Right, Left

HIP SWAYS, SHUFFLE FORWARD, ROCK, RECOVER ¼ TURN LEFT, CHASSE LEFT

- 1-2 Step forward on Right and sway hips forward, sway hips back
- 3&4 Shuffle forward on Right, Left, Right
- 5-6 Rock forward on Left, recover onto Right ¼ turn left
- 7&8 Chasse left on Left, Right, Left

VINE LEFT AND HITCH, VINE RIGHT AND HITCH

- 1-4 Cross step Right over Left, step Left to left side, cross step Right behind Left, hitch Left
(slightly turn body diagonally right)
- 5-8 Cross step Left over Right, step Right to right side, cross step Left behind Right, hitch Right
(slightly turn body diagonally left)

CROSS STEP, ROCK, RECOVER, CROSS STEP, RECOVER, STEP LEFT, CROSS SHUFFLE

- 1-4 Cross step Right over Left, rock Left to left side, recover onto Right, cross rock Left over Right
- 5-6 Recover onto Right, step Left to left side
- 7&8 Cross step Right over Left, step Left to left side, cross step Right over Left

ROCK, RECOVER ¼ TURN RIGHT, TRIPLE STEP ½ TURN RIGHT, ROCK, RECOVER, STEP FORWARD, TOUCH

- 1-2 Rock Left to left side, recover onto Right ¼ turn right
- 3&4 Turning ½ right triple step on Left, Right, Left
- 5-8 Rock back on Right, recover onto Left, step forward on Right, touch Left toe slightly forward diagonally left

HIP SWAYS, ROCKING CHAIR

- 1-4 Step down on Left heel and sway hips left, hold, sway hips right, sway hips left
- 5-8 Rock forward on Right, recover onto Left, rock back on Right, recover onto Left

ROCK, RECOVER, TRIPLE STEP ½ TURN RIGHT, ROCK, RECOVER, TRIPLE STEP ½ TURN LEFT

- 1-2 Rock forward on Right, recover onto Left
- 3&4 Turning ½ right triple step on Right, Left, Right
- 5-6 Rock forward on Left, recover onto Right
- 7&8 Turning ½ left triple step on Left, Right, Left

ROCK, RECOVER, COASTER STEP, SHUFFLE FORWARD, ROCK, RECOVER

- 1-2 Rock forward on Right, recover onto Left
- 3&4 Step back on Right, step Left beside Right, step forward on Right
- 5&6 Shuffle forward on Left, Right, Left

7-8

Rock forward on Right, recover onto Left

REPEAT
