Totally Cha Cha

拍数: 32

级数: High Beginner

编舞者: Malene Jakobsen (DK) - April 2008

音乐: You'll be mine (Single Mix) - Gloria Estefan : (Album: The very best of Gloria Estefan, English Version)

Intro 32 counts from heavy beat, 20 seconds into track

(1-9) Point, hold, step back, lock step, step turn, lock step

- 1-3 Point R to R side, hold, step back on R
- 4&5 Step forward on L, lock R behind L, step forward on L
- 6-7 Step forward on R, turn 1/2 L – weight ends on L
- 8&1 Step forward on R, lock L behind R, step forward on R

(10-17) Side rock, behind side cross, side rock, behind, ¹/₄ turn, step

- 2-3 Rock L to L side, recover onto R
- 4&5 Cross L behind R, step R to R side, cross L over R
- 6-7 Rock R to R side, recover onto L
- 8&1 Cross R behind L, turn ¼ L stepping forward on L, step forward on R

(18-25) Rock step, back lock, back rock with kneepop, shuffle ¼ turn

- 2-3 Rock forward on L, recover onto R
- Step back on L, lock R in front of L, step back on L 4&5
- 6-7 Rock back on R while popping left knee, recover onto L
- 8&1 Turn ¼ L stepping R to R side, step L next to R, step R to R side

(26-32) Back rock, chasse, back rock, step 1/4 turn

- 2-3 Rock back on L, recover onto R
- 4&5 Step L to L side, step R beside L, step L to L side
- 6-7 Rock back on R, recover onto L
- 8& Step forward on R, turn 1/4 L - weight ends on L

Any cha cha music can be used for this - just roll those hips and enjoy the music





墙数:4