

Vhong's Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 100 墙数: 1 级数: Phrased Improver
编舞者: Roly Ansano (USA) - July 2010
音乐: Cha-Cha-Cha - Vhong Navarro : (Album: Don Romantiko)



Sequence: ABCCTag-ABCCTag-ABCCCC

Intro: 8 counts from first beat

PART A (32C)

1-8 FORWARD SHUFFLE, ROCK STEP, BACK SHUFFLE, ROCK STEP

1&2 Shuffle forward RLR
3-4 Rock L forward, recover
5&6 Shuffle back LRL
7-8 Rock R back, recover

9-16 FORWARD SHUFFLE, STEP-TURN, HALF-TURN SHUFFLE, BACK ROCK

1&2 Shuffle forward RLR
3-4 Step L forward, pivot 1/2 right
5&6 Turn 1/2 right and shuffle LRL back
7-8 Rock R back, recover

17-32 SAME ROUTINE AS ABOVE

1-16 Repeat steps 1-16

PART B (36C)

1-8 LINDY BASIC

1&2 Chasse side RLR
3-4 Rock L behind, recover
5&6 Chasse side LRL
7-8 Rock R behind, recover

9-16 LINDY BASIC

1-8 Repeat steps 1-8

17-24 LINDY BASIC

1-8 Repeat steps 1-8

Styling

1-4 Sweep R hand from overhead down to right
5-8 Sweep L hand from overhead down to left
9-12 Draw a half-circle to right, R palm up
13-16 Draw a half-circle to left, L palm up
17-20 Hold hands across mouth then pull them out to sides
20-24 Hold hands across mouth then pull them out to sides

25-32 FORWARD SHUFFLE, STEP-TURN, HALF-TURN SHUFFLE, BACK ROCK

1&2 Shuffle forward RLR
3-4 Step L forward, pivot 1/2 right
5&6 Turn 1/2 right and shuffle LRL back
7-8 Rock R back, recover

33-36 FORWARD SHUFFLE, STEP, STEP

1&2 Shuffle forward RLR
3-4 Step L forward, step R forward

PART C (32C)

1-8 SKATE-SKATE, STEP-HOLD, CROSS-BACK, ROCK STEP

- 1-2 Step L diagonally to left, step R diagonally to right
- 3-4 Step L side, hold
- 5-6 Cross R over, step L back
- 7-8 Rock R side, recover

9-24 HIP ROLLS

- 1-4 Step on R and roll hips right-left-right, touch L in place
- 5-8 Step on L and roll hips left-right-left, touch R in place
- 9-16 Repeat 1-8

25-32 SIDE-CLOSE-SIDE-TOUCH, SIDE-CLOSE-SIDE-STEP

- 1-2 Step R side, step L together
- 3-4 Step R side, touch L together
- 5-6 Step L side, step R together
- 7-8 Step L side, step R together

Styling:

- 1-4 Sweep arms anti-clockwise (1-3), hold
- 5-8 Sweep arms clockwise(5-7), drop arms

TAG (4C)

- 1-4 Step L side and sway hips left-right-left, touch R in place

Last Update: 20 May 2024
