

Vhong's Cha Cha

COPPER KNOB
STEPPERS

拍数: 0 墙数: 1 级数: Phrased Improver Cha Cha
编舞者: Roly Ansano (USA) - July 2010
音乐: Cha-Cha-Cha - Vhong Navarro : (Album: Don Romantiko)



Sequence: AABCCD-AABCCD-AABCCCC

Intro: From first heavy drumbeat, on word 'nasubukan', start dance after the syllables 'na-su-'

A. SIXTEEN COUNTS

FORWARD SHUFFLE, FORWARD ROCK, BACK SHUFFLE, BACK ROCK

8&1 Shuffle forward right,left,right
2-3 Rock left forward, recover
4&5 Shuffle back left,right,left
6-7 Rock right back, recover

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

8&1 Shuffle forward right, left, right
2-3 Step left forward, turn 1/2 right onto right
4&5 Shuffle left, right, left turning 1/2 right
6-7 Rock right back, recover

B. THIRTY-SIX COUNTS

LINDY BASIC (HELLO)

8&1 Chasse to side right,left,right
2-3 Rock left back, recover
4&5 Chasse to side left,right,left
6-7 Rock right back, recover

Styling: At 8&1, wave right hand (palm out) in half-circle moving left-up-right. Drop hand on count 2. At 4&5, use left hand moving right-up-left. Drop hand on count 6.

LINDY BASIC (WELCOME)

8-7 same as above

Styling: At 8&1, draw out right hand (palm up) in half-circle moving left-front-right across chest. Drop hand on count 2. At 4&5, use left hand moving right-front-left. Drop hand on count 6.

LINDY BASIC (BE HAPPY)

8-7 same as above

Styling: At 8&1 and 4&5, draw out hands (palms facing in with fingers spread out) across mouth to sides. Drop hands on counts 2 and 6.

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

8&1 Shuffle forward right, left, right
2-3 Step left forward, turn 1/2 right onto right
4&5 Shuffle left, right, left turning 1/2 right
6-7 Rock right back, recover

FORWARD SHUFFLE, STEP, STEP

1&2 Shuffle forward right,left,right
3-4 Step left in place, step right in place

C. THIRTY-TWO COUNTS

SKATE-SKATE-STEP-HOLD, SCUFF-CROSS-BACK-TOUCH

1-4 Skate left, skate right, step left forward, hold
5-8 Scuff right, cross right over left, step left back, touch right to side.

HIP ROLLS

- 1-3 Step on right rolling hips right-left-right anticlockwise
- 4 Touch left to side twisting left knee out
- 5-7 Step on left rolling hips left-right-left clockwise
- 8 Touch right to side twisting right knee out

- 9-16 Repeat 1-8 above

SIDE-CLOSE-SIDE-TOUCH, SIDE-CLOSE-SIDE-STEP

- 1-2 Step right to side, step left together
- 3-4 Step right to side, touch left together
- 5-6 Step left to side, step right together
- 7-8 Step left to side, step right together

Styling:

- 1-3 Arms forward and hands across face(palms out), trace a clockwise circle-and half ending with hands up.
- 4 Hold arm position
- 5-7 Do as in 1-3 in reverse direction
- 8 Continue motion down and drop arms

D. FOUR COUNTS

HIP SWAYS

- 1-4 Sway hips left-right-left, hold

ENDING: Music ends with 4 beats after count 32, Part C.

- 32 Touch right together (instead of step)
 - 1-2 Step right forward, step left forward
 - 3-4 Hold and open arms to sides
-