## Dance & Sing

级数: Beginner

编舞者: Mary Frances Chua (MY) - August 2012

**音乐:** Cantonese Collection (Evon Low)

Start dance after 16 counts of intro music

S1: Touch.	Flick.	, Forward Shuffle	. Step Hal	f Turn Right.	Half Right	Turning Shuffle
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- 1-2 Fwd touch R, R flick to side
- 3&4 Fwd shuffle R-L-R
- 5-6 Fwd L step, pivot <sup>1</sup>/<sub>2</sub> turn right [6.00]
- 7&8 1/2 turn right again [12.00] slight back shuffle L-R-L

## S2: Double Cross Rock Recover, Side Chasse

- 1-2 Rock R over L, recover on L
- 3&4 Right side chasse R-L-R
- 5-6 Rock L over R
- 7&8 Left side chasse L-R-L

(Diagonal hand spread for counts 1-2 and 5-6)

## S3: Step Quarter Turn Right, Half Left Turning Shuffle, Rock Recover, Half Right Turning Shuffle

- 1-2 <sup>1</sup>/<sub>4</sub> turn right [3.00] rock R back, recover on L
- 4&4 <sup>1</sup>/<sub>2</sub> turn left [9.00] slight back shuffle R-L-R
- 5-6 Rock L back, recover on R
- 7&8 1/2 turn right [3.00] slight back shuffle L-R-L

(Hand on waist & raised up the other for counts 1-2 and 5-6)

## S4: Rock Recover, Forward Shuffle, Touch Hip Push, Behind Side Cross

- 1-2 Rock R back, recover on L (stretch out both hands)
- 3&4 Fwd shuffle R-L-R
- 5-6 L touch at side with hip push out to left and hip drop back
- 7&8 Step L behind R, R step to right side, L cross over R

ENDING: Facing 6.00, dance 4 counts with a quick R forward touch (1), side touch (2),  $\frac{1}{2}$  turn right with step on R and point L to side with a pose at front.

Enjoy the Cha Cha beats as you DANCE & SING! (A special dedication to my friend Sabrina Yap )

CONTACT: maryfrances.ccrmmcc@gmail.com - http://maryfrancesbb88.wordpress.com/ - http://www.youtube.com/user/mfchuabb





**拍数:** 32

**墙数:**4