

Shuffle Cha

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner - Cha Cha
编舞者: Irene Tang (HK) - January 2013
音乐: Sleeping Child - Michael Learns to Rock



Count In: After 24 counts

SEC 1: SIDE, BACK ROCK, RECOVER, R CHASSE, FWD ROCK, RECOVER, L CHASSE

1 – 3 Side LF to L, Rock RF back, Recover weight to LF
4&5 Side RF to R, Close LF to RF, Side RF to R
6 – 7 Rock LF fwd, Recover weight to RF
8&1 Side LF to L, Close RF to LF, Side LF to L

SEC 2: BACK ROCK, RECOVER, 3 X FWD SHUFFLE

2 – 3 Rock RF back, Recover weight to LF
4&5 Step RF fwd, Lock LF behind RF, Step RF fwd
6&7 Step LF fwd, Lock RF behind LF, Step LF fwd
8&1 Step RF fwd, Lock LF behind RF, Step RF fwd

SEC 3: FWD ROCK, RECOVER, 3 X BACK SHUFFLE

2 – 3 Rock LF fwd, Recover weight to RF
4&5 Step LF back, Lock RF over LF, Step LF back
6&7 Step RF back, Lock LF over RF, Step RF back
8&1 Step LF back, Lock RF over LF, Step LF back

SEC 4: BACK ROCK, RECOVER, 1/4 R CHASSE, FWD ROCK, RECOVER, L CHASSE

2 – 3 Rock RF back, Recover weight to LF start turning 1/4 to L
4&5 Complete 1/4 and side RF to R, Close LF to RF, Side RF to R (9:00)
6 – 7 Rock LF fwd, Recover weight to RF
8& Side LF to L, Close RF to LF

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