

Cha Cha Cha

COPPER KNOB
STEPPERS

拍数: 80 墙数: 1 级数: Improver
编舞者: Dano Lumanog (USA) - April 2014
音乐: Cha-Cha-Cha - The Columbia Ballroom Orchestra : (iTunes)



Start dance on lyrics

ROCK, RECOVER, SHUFFLE, ROCK, RECOVER, SHUFFLE (2X)

1-2 Rock L forward, recover to R
3&4 Shuffle back L, R, L
5-6 Rock R back, recover to L
7&8 Shuffle forward R, L, R
9-16 Repeat steps 1-8

ROCK, RECOVER, - SHUFFLE (3X)

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

ROCK, RECOVER, - MAMBO (3X)

1-2 Rock R back, recover to L
3&4 Step R forward, recover to L in place, step R beside L
5&6 Step L forward, recover to R in place, step L beside R
7&8 Step R forward, recover to L in place, step R beside L

SHUFFLE (2X), HIP SWAYS

1&2 Shuffle forward (left diagonal) L, R, L
3&4 Shuffle forward (right diagonal) R, L, R
5-8 Sway hips L, R, L, R

STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

1-2 Step L forward, lock R behind L
3&4 Shuffle forward L, R, L
5-6 Step R forward, lock L behind R
7&8 Shuffle forward R, L, R

ROCK, RECOVER, SHUFFLE, ROCK, RECOVER, SHUFFLE (2X)

1-2 Rock L over R, recover to R
3&4 Side shuffle L, R, L
5-6 Rock R over L, recover to L
7&8 Side shuffle R, L, R
9-16 Repeat steps 1-8

WEAVE RIGHT, CROSS TOUCHES

1-2 Cross L over R, step R to side
3-4 Cross L behind R, step R to side
5-6 Touch L over R, touch L to side
7-8 Touch L over R, step L to side

WEAVE LEFT, CROSS TOUCHES

1-2 Cross R over L, step L to side
3-4 Cross R behind L, step L to side
5-6 Touch R over L, touch R to side
7-8 Touch R over L, step R to side

Repeat

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Music advice : Don Corrigan donjcor@aol.com

