

Blue Canary Cha

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver Cha Cha
編舞者: Tara Conaghan (UK) - August 2019
音樂: Birdhouse In Your Soul - They Might Be Giants



1 - 2 Walk R, walk L
Step forward on your R foot then your L
3 & 4 R heel grind
Step forward on and grind your right heel into the ground, step back in place on R, step back in place on L
5 - 6 Sweep back L, sweep back R
Sweep L out and step back in a semi-circle, repeat on R
7 & 8 L sailor sweep ½ turn
Make a ½ turn L by sweeping and stepping L behind R, step R to R side, step L to L side

1 - 2 Rock out R, recover on L
With weight on R foot lean out to R, recover weight on L foot
3 & 4 R coaster step
Step back on R, step back on L, step forward on R
5 & 6 & Lock step L in a ¼ of a circle
Step L and bring in R foot behind it, repeat
7 & 8 Lock step L in a ¼ of a circle
Step L and bring in R foot behind it, repeat

1 & 2 R toe heel stomp with a cross
Turn R knee in with R toe down, scuff heel diagonally across L, step R foot down
3 & 4 L toe heel stomp with a cross
Turn L knee in with L toe down, scuff heel diagonally across R, step L foot down
5 & 6 Chasse R
Step R foot to R, L foot to R, R foot to R
7 & 8 L mambo step
Quickly step forward on L, backwards onto R, backwards on L

1 - 2 Walk R, walk L
Step forward on R, step forward on L
3 & 4 Full triple turn L
Turn L in three steps, R, L, R
5 - 6 Rock out L, recover on R
With weight on L foot, lean to L, recover weight on R
7 & 8 1+1/4 triple turn R
Turn R in three steps, L, R, L

Choreographer's notes: 24 count intro; finishes naturally at the front wall by wall 12 after the heel grind; no tags; 3 restarts – on walls 3, 6 & 8.

Those who don't turn can replace them with mambo steps: replace the full triple turn with a R mambo step, the 1+1/4 turn with a ¼ R turning L mambo step. Enjoy!

Dedicated to Fern Conaghan, Valentin Stoykov, Gillian Spence, and Keeley Cooper-Spence, for their loyalty and support.

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