Soul-Stirring



拍數: 32 編數: Improver Cha Cha

編舞者: Jef Camps (BEL) & Roy Verdonk (NL) - April 2021

音樂: Beautiful Girls - Roman Alexander



S1: Cha Cha Time Steps, Slow Walks Fwd, Mambo 1/4 Turn

1-2&	RF step side, LF step together, RF step in place
3-4&	LF step side, RF step together, LF step in place
5-6-7	RF step forward, LF step forward, RF step forward

LF rock forward, recover on RF, ¼ turn L & LF step side (9:00)

S2: Cross Rock/Recover, Chasse, Cross, Side, Sailor Step/Sway

2-3 RF rock across LF, recover on LF

4&5 RF step side, LF close next to RF, RF step side

6-7 LF cross over RF, RF step side

8&1 LF cross behind RF, RF step side, LF step side & sway hip L

S3: Sways R-L, Cross Mambo, Side, Cross, Back, Step-Lock-Step Bwd

2-3 Sway hip R, sway hip L

4&5 RF rock across LF, recover on LF, RF step side

6-7 LF cross over RF, RF step back

8&1 LF step back, RF lock in front of LF, LF step back

S4: Back Rock/Recover, ½ Back, Big Step Back, Drag, Together, Step-Lock-Step

2-3 RF rock back, recover on LF

4-5 ½ turn L & RF step back, LF big step back (3:00)

6& drag RF towards LF, RF close next to LF

7&8 LF step forward, RF lock behind LF, LF step forward

Start again & have fun.

Restarts: -

*In wall 3 after 12& counts you add following steps before restarting the dance Sways R-L-R-L

5-6-7-8 RF step side & sway R, sway L, sway R, sway L

*In wall 7 after 12& counts restart the dance