

One Moment Cha Cha

拍數: 64 牆數: 4 級數:
編舞者: Max Perry (USA)
音樂: Un Momento Alla - Rick Trevino



- 1-2 Rock step forward on left, rock back onto right
3&4 Left cha-cha back (left-right-left)
5-6 Rock back on right, rock forward on left
7&8 Right cha-cha forward (right-left-right)
- 1-2 Cross step left over right. Touch right toes to the right side
3-4 Cross step right over left. Touch left toes to the left side
5-6 Cross step left over right. Touch right toes to the right side
7-8 Cross step right over left. Touch left toes to left side
- 1-2 Rock step forward on left, rock back on right
3&4 Left cha-cha back (left-right-left)
5-6 Rock back on right, rock forward on left
7&8 Right cha-cha forward (right-left-right)
- 1-2 Step forward on left, pivot $\frac{1}{4}$ turn to the right
3-4 Step forward on left, pivot $\frac{1}{4}$ turn to the right,
5-8 Repeat last four counts
- 1-2 Step to the left on left, cross step right behind left
3-4 Step to the left on left, step across left on the right
5-6 Step to the left on left, rock step behind left on right
7-8 Rock forward on left in place, step right next to left, step on left in place
- 1-2 Step to right on right, cross step left behind right
3-4 Step to right on right, step across right on left
5-6 Step to right on right, rock step behind right on left
7-8 Rock forward on right in place, step left next to right, step on right in place
- 1-2 Step to left on left, rock step across left on right
3&4 Rock back on left in place, step right next to left, step on left in place
5-6 Step to right on right, rock step across right on left
7&8 Rock back on right in place, step left next to right, step on right in place
- 1-2 Step to the left on left, pivot $\frac{1}{4}$ turn left as you hitch right knee up
3-4 Step forward on right, pivot $\frac{1}{2}$ turn left
5-6 Step forward on right, pivot $\frac{1}{2}$ turn left
7&8 Right cha-cha forward (right-left-right)

REPEAT
