Ready-Steady-Start (Cha-Cha U)



拍數: 64 牆數: 2 級數: Intermediate

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SIDE STEP, CROSS BEHIND, ¼ SHUFFLE TURN (RIGHT), SIDE STEP ¼ TURN (RIGHT), CROSS BEHIND, SIDE SHUFFLE (LEFT)

1 Step right to side

2 Cross step left behind right

3&4 Shuffle ¼ turn right stepping (right-left-right)

5 Turning ¼ turn right, step left to side

6 Cross step right behind left

7&8 Shuffle left stepping (left-right-left)

9-16 Repeat above counts 1-8

(RIGHT) MAMBO FORWARD, CHA-CHA-CHA, (LEFT) MAMBO BACK, CHA-CHA-CHA

17 Step (rock) right forward, slightly lifting left off floor

18 Step left back to floor

19&20 Triple step in place, stepping (right-left-right) making sure to wiggle your hips

21 Step (rock) left backward, slightly lifting right off floor

22 Step right back to floor

23&24 Triple step in place, stepping (left-right-left) making sure to wiggle your hips

STEP FORWARD, ½ PIVOT (LEFT), STEP FORWARD, ½ PIVOT (LEFT), CROSS WALK FORWARD

25 Step right forward

26 On (balls of) both feet, pivot ½ turn left

27 Step right forward

28 On (balls of) both feet, pivot ¼ turn left

Cross step right in front of left
 Cross step left in front of right
 Cross step right in front of left
 Cross step left in front of right

SHUFFLE FORWARD, FORWARD ROCK-RECOVER, SHUFFLE BACK, BACK ROCK-RECOVER

33&34 Shuffle forward, stepping (right-left-right)

35 Step (rock) left forward, slightly lifting right off floor

36 Step right back to floor (recover)

37&38 Shuffle backward, stepping (left-right-left)

39 Step (rock) right backward, slightly lifting left off floor

40 Step left back to floor (recover)

1/4 TURN (LEFT), CROSS & CROSS, 1/4 TURN (RIGHT), 1/4 TURN (RIGHT), CROSS & CROSS

41 Step right forward

42 On (balls of) both feet, pivot ¼ turn left

43 Cross step right in front of left

& Step left slightly to side

44 Cross step right in front of left

Turning ¼ turn right, step left backward
Turning ¼ turn right, right step to side

47 Cross step left in front of right

& Step right slightly to side

SIDE ROCK-RECOVER, CROSS & CROSS, 1/4 TURN (RIGHT), 1/4 TURN (RIGHT), CROSS & CROSS

49 Step (rock) right out to side, slightly lifting left off floor

Step left back to floor (recover)Cross step right in front of left

& Step left slightly to side

52 Cross step right in front of left

Turning ¼ turn right, step left backward
Turning ¼ turn right, step right to side

Cross step left in front of right
Step right slightly to side
Cross step left in front of right

SIDE ROCK-RECOVER, $\frac{1}{4}$ TURN (RIGHT) BACK ROCK-RECOVER, STEP FORWARD, $\frac{1}{2}$ PIVOT (LEFT), $\frac{1}{4}$ TURN (LEFT), STEP TOGETHER

57 Step (rock) right out to side, slightly lifting left off floor

58 Step left back to floor (recover)

Turning ¼ turn right, step (rock) right backward, slightly lifting left off floor

Step left back to floor (recover)

61 Step right forward

On (balls of) both feet, pivot ½ turn left Turning ¼ turn left, step right to side

Step left together

REPEAT