G.S.R. Cha Cha

拍數: 48

級數: Intermediate

編舞者: Barry Cook (UK)

音樂: By the Book - Michael Peterson

STEP LEFT, ROCK BACK RIGHT, RECOVER, CHA-CHA RIGHT, ROCK FORWARD ON RIGHT, RECOVER, STEP LEFT TO LEFT SIDE

- 1-2-3 Step left foot to left side, rock back on right, recover weight back on to left foot
- 4&5 Step right to right side, close left next to right, step right to right side
- 6-7-8 Rock forward on left foot, recover weight on right foot, step left to left side

- &1 Close right next to right, step left to left side
- 2-3 Cross rock right foot over left, recover weight on left foot
- 4&5 Step right to right side, close left next to right, step right to right side (making ¼ turn to right)
- 6-7-8 Step left foot forward, make ½ pivot to right, rock left to left side

RECOVER, CROSS, ROCK, RECOVER, CROSS, TOUCH, SWEEP, TWIST RIGHT LEFT, RIGHT (¼ TURN LEFT) KICK LEFT

- &1 Recover weight back on to right, cross step left over right
- 2&3 Rock right to right side, recover weight back on to left foot, cross step right over left
- 4-5 Point left foot forward, sweep left foot to the left and place behind right
- 6&7-8 Twist heels right, left, and right (making ¼ turn left), kick left foot forward

CROSS, STEP SIDE, STEP SIDE, STEP FORWARD, ¼ TURN LEFT, LEAN BODY ROLL, POINT, TURN, POINT TURN

- &1&2 Cross left over right, step right to right side, step left to left side, step forward on right
- 3-4 Make ¼ pivot left, lean body to right
- 5&6 Body roll to left (making ¼ turn to left)
- 7&8 Point right to right side, hitch right knee (making ¼ pivot left), point right to right side

SHUFFLE FORWARD RIGHT, LEFT FORWARD, ¼ PIVOT RIGHT, SHUFFLE FORWARD LEFT, ROCK FORWARD ON RIGHT, RECOVER

- 1&2 Step forward on right, close left next to right, step right foot forward
- 3-4 Step forward on left foot, make ¼ pivot to right
- 5&6 Step forward on left, close right next to left, step forward on left foot
- 7-8 Rock forward on right foot, recover weight back on to left

SHUFFLE BACK ON RIGHT (½ TURN OVER RIGHT), ROCK LEFT RECOVER STEP LEFT (¼ TURN) SWEEP RIGHT, CROSS, UNWIND

- 1&2 Step back on right foot (making ¼ turn to right), close left next to right, step right to right side(making ¼ turn to right)
- 3-4 Rock forward on left foot, recover weight back on to right
- 5-6 Step left to left side (making ¼ turn left), sweep right to the left and cross over left
- 7-8 Unwind full (to the left ending with weight on right)

REPEAT





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牆數:4