G.S.R. Cha Cha



拍數: 48 牆數: 4 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

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

CLOSE RIGHT, STEP LEFT, CROSS ROCK, RECOVER, ¼ CHA-CHA RIGHT, STEP LEFT ½ PIVOT, ROCK LEFT

&1 Close right next to right, step left to left side

2-3 Cross rock right foot over left, recover weight on left foot

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 (1/4 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, 1/4 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 ½ 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 ½ pivot to right

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 1/4 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