## F & F Cha (P)



編舞者: Fred Wade & Fran Wade

音樂: Unknown



Position: Closed "Two-Step" Position Footwork is for man, opposite for lady.

1-2	Step forward left, then right.
3&4	Shuffle forward left-right-left (man raises lady's arm).
5-6	Step forward right, then left (lady turns ½ to the right & ends on man's left side).
7&8	Shuffle forward right-left-right (man extends right hand across to lady to meet lady's left hand,
	both turn slightly toward each other).
9-10	Touch hands, step forward left, then right (man starts to cross in front of lady, under his right
	arm releasing his left & her right hand).
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11&12	Shuffle forward left-right-left (lady is now on man's right).
13-14	Step slightly forward right, then left (man raises right arm, lady turns to right & backward, under man's left arm using full steps).
15&16	Shuffle forward right-left-right (lady ends turn, holding hands).
17-18	Step forward left, then right.
19&20	Shuffle forward left-right-left (lady makes full turn to the left).
21-22	Step right to right side, step left behind right.
23&24	Slight shuffle to right side right-left-right.
25-26	Rock on left to left side (both turn ¼ to right, extend left toward wall & dip), rock back on right.
27&28	Shuffle in place left-right-left (both turn ¼ left).
29-30	Step forward right, then left.
31&32	Shuffle forward right-left-right (lady makes full turn to the right).
33-34	Step left to left side, step right behind left.
35&36	Slight shuffle to left side left-right-left.
37-38	Rock on right to inside (both turn ¼ to left, extend right toward center & dip), rock back on
	left.
39&40	Shuffle in place right-left-right (man turns $\frac{1}{4}$ to right, lady makes $\frac{1}{2}$ turn to face LOD).
41-42	Step forward left, then right.
43&44	Shuffle forward left-right-left.
45-46	Step forward right & both pivot ½ turn (man-right, lady-left).
47&48	Shuffle forward right-left-right.
40.50	Chan famuurud laft (mann miyata 1/ ta faaa ladu) atau famuurud siaht
49-50	Step forward left (man pivots ½ to face lady), step forward right.
51&52	Shuffle forward left-right-left.
53-54	Step forward right, then left.
55&56	Shuffle forward right-left-right.

## **REPEAT**