

Reason To Cha

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jamie Marshall (USA) - July 2007
音樂: Makes Me Wonder - Maroon 5 : (or Any Cha-Cha)



A. BASIC CHA WITH FORWARD ROCK, TURN ¼ L, STEP FORWARD, HITCH

1,2,3 Step R to R (1), Rock forward on L (2), Recover onto R (3) (12:00)
4&5 Step L to L (4), Step R next to L (&), Turn ¼ L, stepping forward on L (5) (9:00)
6,7 Step R forward (6), Pivot ¼ R on ball of R, while hitching L (7) (12:00)

B. BASIC CHA WITH BACKWARD ROCK, KICK & POINT, TURN ¼ L, COASTER STEP

8&1 Step L to L (8), Step R next to L (&), Step L to L (1) (12:00)
2,3 Rock back on R (2), Recover onto L (3) (12:00)
4&5 Kick R forward (4), Replace R next to L (&), Point L to L (5) (12:00)
6 Keeping weight on R, turn ¼ L (6) (9:00)
7&8 Step L back (7), Step R next to L (&), Step L forward (8) (9:00)

C. KICK R & POINT, DOWN & UP, REPEAT WITH L (9:00)

1&2 Kick R forward (1), Replace R next to L (&), Point L forward (Turn body slightly R) (2)
3&4 With weight on R, bend knees, lowering body (3), Push pelvic forward (&), Stand up (4)
5&6 Kick L forward (1), Replace L next to R (&), Point R forward (Turn body slightly L) (6)
7&8 With weight on L, bend knees, lowering body (7), push pelvic forward (&), Stand up (8)

D. SAILOR WITH ¼ TURN L, REPEAT, CROSSING TRIPLE, MAMBO CROSS

1&2 Cross R behind L (1), Turn ¼ L, stepping L to L (&), Step R to R (2) (6:00)
3&4 Cross L behind R (3), Turn ¼ L, stepping R to R (&), Step L to L (4) (3:00)
5&6 Cross R over L (5), Step L to L (&), Cross R over L (6) (3:00)
7&8 Rock L to L (7), Step R back (&), Cross L over R (8) (3:00)

Begin again.