

Early Cha

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ulrika Andersson (SWE) & Carina Edin - January 2011
音樂: Duke of Earl - The Boppers



Start to dance on vocals

Music suggestions:

"Puerto Rico"-Vaya Con Dios,

"Blue Night"-Michael Learns To Rock...

R Forward Lock Step, R Forward Step Lock Step, Rock Recover, L Shuffle Back

1-2 Step R forward, lock L behind R
3&4 Step R forward, lock L behind R, step R forward
5-6 Rock forward onto L, recover weight back onto R
7&8 Step L back, close R next to L, step L back

Rock Recover, 1/4turn L, R Chasse, Rock Recover, L Chasse

1-2 Rock back onto R, recover weight forward onto L
3&4 Turn 1/4 L, step R to R side, close L next to R, step R to R side
5-6 Rock back onto L, recover weight forward onto R
7&8 Step L to L side, close R next to L, step L to L side

Rock Recover, Triple Step, Rock Recover, Tripple Step

1-2 Rock back onto R, recover weight onto L
3&4 Triple step on spot R-L-R
5-6 Rock forward onto L, recover weight onto R
7&8 Triple step on the spot L-R-L

Cross Rock Recover, R Chasse, Cross Rock Recover, L Chasse

1-2 Cross rock R over L, recover onto L
3&4 Step R to R side, close L next to R, step R to R side
5-6 Cross rock L over R, recover onto R
7&8 Step L to L side, close R next to L, step L to L side

Make your hips move to the beat, dance and have fun!

Ulrika & Carina
