

S.O. Cha

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Novice
編舞者: Anne Lewis (UK) - February 2013
音樂: Tender Heart - Lionel Richie



(Starting Out Cha) - (floor split with 'Islands In The Stream')

Intro: 8 Counts from first heavy drum beat...

[1-8] Heel-Toe & Chasse X2:

1-2 Touch L heel fwd, Touch L toe back
3&4 Chasse L
5-6 Touch R heel fwd, Touch L toe back
7&8 Chasse R

[9-16] Rock-Recover, Triple-Step X2:

1-2 Rock-step L fwd, Recover on R
3&4 Triple-step back L,R,L
5-6 Rock-step R back, Recover on L
7&8 Triple-step R fwd R,L,R

[17-24] Step, Sway X4, Rocking Chair:

1-4 Step L slightly to L while swaying L,R,L,R
5-8 Rock-step L fwd, Recover on R, Rock-step L back, Recover on R

[25-32] **Step L Fwd, Pivot 1/2 Turn R, Chasse L, Rock-Recover, Chasse 1/4 turn R:

1-2 Step L fwd, Pivot 1/2 Turn R (weight on R)
3&4 Chasse L stepping LRL
5-6 Rock-step R across L, Recover on L
7&8 Chasse 1/4 turn R stepping RLR

****Choreographer's Notes - Instructor options:**

SO Cha has been developed to help New Beginner dancers
- simply LEAVE OUT THE LAST 8 COUNTS"

For Accomplished Beginner (AB) - simply ADD IN LAST 8 COUNTS ...Replacing 1/4 R with CHASSE R (last 2 counts 7&8)

(where AB is confident enough ... dance as written Counts 1-32)

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