

Banca Cha Cha (Banca 恰恰) (zh)

COPPER KNOB
BY STEPHEN

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Winnie Yu (CAN) - 2007年06月

Musik: Banca Banca - E-Type



前奏 : 32 count 32拍後起跳

第一段

CROSS ROCK, RECOVER, LEFT CHASSE, CROSS ROCK, RECOVER, RIGHT CHASSE
交叉下沉, 回復, 左追步, 交叉下沉, 回復, 右追步

- 1-2 Cross/rock left over right, recover onto right
左足於右足前交叉下沉, 右足回復
- 3&4 Step left to side, step right together, step left to side
左足側踏, 右足併踏, 左足側踏
- 5-6 Cross/rock right over left, recover onto left
右足於左足前交叉下沉, 左足回復
- 7&8 Step right to side, step left together, step right to side
右足側踏, 右足併踏, 右足側踏

第二段

TOES TOUCHES, SAILOR ¼ TURN LEFT, TOES TOUCHES, SAILOR ½ TURN RIGHT
趾點, 左轉1/4水手步, 趾點, 右轉1/4水手步

- 1-2 Touch left toe forward, touch left toe to side
左足趾前點, 左足趾側點
- 3&4 Turn ¼ left and step left back, step right together, step left forward (9:00) 左轉1/4左足後踏, 右足併踏, 左足前踏(9點鐘)
- 5-6 Touch right toe forward, touch right toe to side
右足趾前點, 右足趾側點
- 7&8 Turn ¼ right and step right back, step left together, turn ¼ right and step right forward (3:00)
右轉1/4右足後踏, 左足併踏, 右轉1/4右足前踏(3點鐘)

第三段

HIP BUMPS TWICE, ROCK, RECOVER, ½ TURN, FORWARD SHUFFLE
推臀2次, 下沉, 回復, 轉1/2, 前交換步

- 1&2 Step left forward and bump hips forward, back, forward
左足前踏並推臀(前, 後, 前)
- 3&4 Step right forward and bump hips forward, back, forward
右足前踏並推臀(前, 後, 前)
- 5-6 Rock left forward, recover onto right 左足前下沉, 右足回復
- 7&8 Turn ½ left and step left forward, cross right behind left, step left forward (9:00)
左轉1/2左足前踏, 右足於左足後交叉踏, 左足前踏(9點鐘)

第四段

½ TURN LEFT, ½ TURN LEFT, FORWARD, PIVOT ¼ TURN, ROCK, RECOVER, SIDE
左轉1/2, 左轉1/2, 前, 轉1/4, 下沉, 回復, 側

- 1&2 Shuffle back turning ½ left stepping right, left, right (3:00)
左轉1/2交換步(右, 左, 右)(3點鐘)
- 3&4 Shuffle forward turning ½ left stepping left, right, left (9:00)
左轉1/2交換步(左, 右, 左)(9點鐘)

Easy option: 簡易版

- 1&2 Shuffle forward right, left, right 交換步(右, 左, 右)
- 3&4 Shuffle forward left, right, left 交換步(左, 右, 左)
- 5-6 Step right forward, turn ¼ left (6:00) 右足前踏, 左轉1/4(6點鐘)
- 7&8 Rock right forward, recover onto left, step right to side
右足前下沉, 左足回復, 右足側踏

