

Canadian Triple Cha-Cha

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Tai Tsang (CAN)

Musik: De Hombre A Mujer - Donato & Estefano



SIDE, BACK, FORWARD, RIGHT SHUFFLE

- 1 Step left foot to left side
- 2 Step right foot backward
- 3 Step left foot forward
- 4&5 Step right foot to right side, step left foot beside right foot, step right foot to right side

FORWARD, BACK, LEFT SHUFFLE

- 6 Step left foot forward
- 7 Step right foot backward
- 8&1 Step left foot to side, step right foot beside left foot, step left foot to left side

BACK, FORWARD, SHUFFLE FORWARD

- 2 Step right foot backward
- 3 Step left foot forward
- 4&5 Step right foot forward, lock left foot behind right foot, step right foot forward

FORWARD, BACK, SHUFFLE BACKWARD

- 6 Step left foot forward
- 7 Step right foot backward
- 8&1 Step left foot backward, lock right foot in front of left foot, step left foot backward

BACK, FORWARD, SHUFFLE FORWARD

- 2 Step right foot backward
- 3 Step left foot forward
- 4&5 Step right foot forward, lock left foot behind right foot, step right foot forward

FORWARD, ½ SPOT TURN RIGHT, FORWARD, SHUFFLE FORWARD

- 6 Step left foot forward and making a ½ turn right (weight on left foot)
- 7 Step right foot forward
- 8&1 Step left foot forward, lock right foot behind left foot, step left foot forward

FORWARD AND ½ SPOT TURN LEFT, HIP ROCK

- 2 Step right foot forward and making a ½ turn left (weight on right foot)
- 3 Step left foot forward
- 4&5 Cross right foot over left, rock hip backward, rock hip forward

ROCK, ROCK, ¼ TURN LEFT, SHUFFLE FORWARD

- 6 Rock left foot to left
- 7 Rock right foot to right
- 8&1 ¼ turn right and step left foot forward, lock right foot behind left foot, step left foot forward

FORWARD, ½ SPOT TURN LEFT, FORWARD, SHUFFLE FORWARD

- 2 Step right foot forward
- 3 ½ spot turn left and step left foot forward
- 4&5 Step right foot forward, lock left foot behind right foot, step right foot forward

¼ TURN RIGHT, SHUFFLE TO LEFT, ¼ TURN LEFT, SHUFFLE FORWARD

6&7 ¼ turn right and step left foot to side, step right foot beside left foot, step left foot to side
8&1 ¼ turn left and step right foot forward, lock left foot behind right foot, step right foot forward

FORWARD, ½ SPOT TURN RIGHT, FORWARD, ¼ TURN RIGHT, SHUFFLE TO LEFT

2 Step left foot forward
3 ½ spot turn right and step right foot forward
4&5 ¼ turn right and step left foot to side, step right foot beside left foot, step left foot to side

¼ TURN LEFT, SHUFFLE FORWARD, ¼ TURN RIGHT, SHUFFLE TO LEFT

6&7 ¼ turn left and step right foot forward, lock left foot behind right foot, step right foot forward
8&1 ¼ turn right and step left foot to side, step right foot beside left foot, step left foot to side

REPEAT
