

# Meditation Cha

Count: 32

Wall: 4

Level: Improver social cha

Choreographer: Paul Dornstedt (USA) & Karla Dornstedt (USA)

Music: Playa Silencio - Dave Sheriff



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## **SIDE, ROCK, CROSS - AND - CROSS, ¼ TURN RIGHT, ¼ RIGHT TOUCH, CROSS - AND - CROSS**

- 1-2 Step left side left, rock right behind left  
3&4 Recover weight forward and across right on left, step right side right, cross left over right  
5-6 Turn ¼ right and step forward on right, turn ¼ right on the ball of right and touch left side left (6:00)  
7&8 Cross left over right, step right side right, cross left over right

## **SIDE, BRUSH, STEP - TOGETHER - STEP CROSS, BACK, ¼ RIGHT, CROSS**

- 1-2 Step right to right forward diagonal, brush left to left forward diagonal  
3&4 Step left to left forward diagonal, step right next to left, step left to left forward diagonal  
5-6 Cross right over left, step back on left  
7-8 Turn ¼ right and step right side right, cross left over right (9:00)

## **SWAY, SWAY, BEHIND-AND-CROSS, TURN ¼ LEFT SWAY FORWARD, SWAY BACK, SHUFFLE FORWARD**

- 1-2 Sway right side right, sway left side left  
3&4 Cross right behind left, step left side left, cross right over left  
5-6 Turn ¼ left and sway forward on left, sway back on right (6:00)  
7&8 Step forward on left, step right next to left, step forward on left

## **ROCK FORWARD, RECOVER, TURN ½ RIGHT SHUFFLE FORWARD, FORWARD, TURN ¼ RIGHT, ROCK FORWARD, RECOVER**

- 1-2 Rock forward on right, recover weight back on left  
3&4 Turn ½ right and shuffle forward, right, left right (12:00)  
5-6 Step forward on left, turn ¼ right and step right side right (3:00)  
7-8 Cross rock left over right, recover weight back on right

## **REPEAT**

## **ENDING: (OPTIONAL)**

The last rotation starts on the 6:00:00 wall, dance through step 29, then do a ½ turn right cha-cha

## **ROCK FORWARD, RECOVER, TURN ½ RIGHT SHUFFLE FORWARD, FORWARD, TURN ½ RIGHT, TOGETHER, FORWARD**

- 1-2 Rock forward on right, recover weight back on left  
3&4 Turn ½ right and shuffle forward, right, left right  
5 Step forward on left,  
6&7 Turn ½ right and cha, cha forward right, left, right (12:00)
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