

Brave Cha Cha (放膽愛恰恰) (zh)

COPPER KNOB
STYLEDANCE

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - 2007年10月

Musique: Brave - Jennifer Lopez



前奏 : Start on vocals 唱歌起跳

第一段

1-3
4&5
6-7
8&1

Side Rock Step, Side Close Side, Rock Step, Side Close 1/4 Turn Rt 側下沉踏, 側併側, 下沉踏, 側併右轉1/4
Step Rt to Rt, Rock Lt fwd and across Rt, Replace weight Rt
右足右踏, 左足於右足前交叉下沉, 右足回復
Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt
左足左踏, 右足併踏, 左足左踏
Rock Rt fwd and across Lt, Replace weight Lt
右足於左足前交叉下沉, 左足回復
Step Rt to Rt, Step Lt next to Rt, Step Rt a 1/4 turn fwd Rt
右足右踏, 左足併踏, 右轉90度右足前踏

第二段

2-3
4&5
6-7
8&1

Step 1/2 Turn, Triple Spin, Back, Drag, Step Lock Forward 踏轉1/2, 三步旋轉, 後, 拖, 踏鎖前
Step Lt fwd, Make 1/2 Rt (weight Rt)
左足前踏, 右轉180度(重心在右足)
Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Make 1/2 turn Rt stepping back Lt
右轉180度左足後踏, 右轉180度右足前踏, 右轉180度左足後踏
(Easy option: Make 1/2 turn Rt stepping back Lt, Rt, Lt)
簡易版: 小三步右轉180度(左, 右, 左)
Step Rt a large step back, Drag Lt next to Rt (weight Lt)
右足右後一大步, 左足拖併踏(重心在左足)
Step Rt fwd, Lock Lt behind Rt, Step Rt fwd
右足前踏, 左足於右足後鎖踏, 右足前踏

第三段

2-3
4&5
6-7
8&1

Cross, Back, Step Lock Back, Full Turn, Sweep Sailor Step 交叉, 後, 踏鎖後, 轉圈, 旋繞水手步
Rock Lt fwd and across Rt, Replace weight Rt
左足於右足前交叉下沉, 右足回復
Step back Lt, Lock Rt in front of Lt, Step back Lt
左足後踏, 右足於左足前鎖踏, 左足後踏
Make 1/2 turn Rt stepping fwd Rt, Make 1/2 turn Rt stepping back Lt 右轉180度右足前踏, 右轉180度左足後踏
Sweep Rt from front to back stepping back on Rt, Step Lt to Lt, Step Rt to Rt 右足由前繞至後踏, 左足左踏, 右足右踏

第四段

2-3
4&5
6-7
8&

Cross, Back, 1/4, 3/4 Turn, Rock Step, 1/4, 3/4 Turn 交叉, 後, 1/4, 轉3/4, 下沉踏, 1/4, 轉3/4
Cross Lt in front of Rt, Step Rt back
左足於右足前交叉踏, 右足後踏
Make 1/4 turn Lt stepping Lt fwd, Make 1/2 turn Lt stepping back Rt, Make a 1/4 turn Lt stepping side Lt
左轉90度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏
(Easy option for 4&5: basic cha cha without turns)
簡易版: 基本恰恰不轉圈
Rock Rt fwd and across Lt, Replace weight Lt
右足於左足前交叉下沉, 左足回復
Make 1/4 turn Rt stepping Rt fwd, Pivot 3/4 turn Rt bringing Lt next to Rt (Platform Turn)
右轉90度右足前踏, 右轉270度左足併踏
(Easy option for 8&: step Rt to Rt, Step Lt next to Rt)
簡易版: 右足右踏, 左足併踏