

Mary J Cha II

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Esella Thompson (USA) - October 2017

Musique: Family Affair - Mary J. Blige



Cha Cha & Weave

1,2,3 Step Rt foot to side right, step back on the left, rock forward on rt.
4 & 5 Step left foot to left side, step rt. together with left, step left foot to left side
6 Cross rt over left
7 & 8 & Weave – Step side left, cross rt behind left., step side left, cross rt over left

1,2,3 Step left foot to side left, step back on the rt, rock forward on left
4 & 5 Step rt foot to rt side, step left together with rt, step rt foot to rt side
6 Cross left over rt
7 & 8 & Weave – Step side rt, cross left behind rt., step side rt, cross left over rt

Locking Steps Quarter Turn To the Right

1,2 (Walk a quarter turn to the right – 3:00) - Walk forward rt, walk forward left
3 & 4 Step forward rt, lock left (ball of left crosses behind rt), step forward on rt
5,6 Step forward on left, rock and step back on rt
7 & Step back on left, lock rt (rt crosses in front of left)
8 & Repeat 7 &

Hook and Quarter Turn

1,2 Step back on left, Point rt toe to the right
3 Hook rt foot across left shin and make a ¼ turn to the rt.(6:00)
4 & 5 Step forward on rt, lock with left, step forward on rt
6 Step forward on left
7 & 8 & Step on rt foot a ¼ turn to the rt (9:00), step on ball of left behind rt, step side rt, Step on ball of left behind rt.

Repeat From Beginning - No Restarts

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