

Mary J Cha

Compte: 32

Mur: 2

Niveau: Absolute Beginner

Chorégraphe: Esella Thompson (USA) - May 2018

Musique: Family Affair - Mary J. Blige



SIDE TOGETHER SIDE, CLAP

- 1 Step to Left side on left foot
- 2 Bring rt foot together with left foot
- 3 Step to left side on left foot
- 4 Clap
- 5 Step to rt side on rt foot\
- 6 Bring left foot together with rt foot
- 7 Step to rt side on rt foot
- 8 Clap

FORWARD BACK CHA CHA CHA

- 1,2 Step forward on left foot, rock back on the right foot
- 3 & 4 In place step left, right, left (cha cha cha)
- 5,6 Step forward on rt foot, rock back on the left foot
- 7 & 8 In place step rt, left, rt (cha cha cha)

QUARTER PIVOT TURNS TO THE RIGHT

- 1 Step forward on left foot
- 2 Clap
- & Quarter turn on the balls of both feet to the right
- 3 Weight shifts to rt foot
- 4 Clap

Repeat for counts 5 – 8

WALKING CHA CHA

- 1 Step forward on left foot
- 2 Step forward on rt foot
- 3 Step forward left
- & Step together with rt foot
- 4 Step forward on left foot
- 5 Step forward on rt foot
- 6 Step forward on left foot
- 7 Step forward rt
- & Step together with left foot
- 8 Step forward on rt foot

REPEAT FROM BEGINNING

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