

Melody

Compte: 64

Mur: 2

Niveau: Phrased Intermediate cha cha

Chorégraphe: Tiziano Lombardo (FR) & Fabien REGOLI (FR) - August 2018

Musique: Melody (feat. James Blunt) - Lost Frequencies



Sequence : A BB AA BBB A

PART A: 32 counts

A1: SIDE, ROCK STEP, TRIPLE STEP, ROCK STEP, TRIPLE STEP

- 1 RF Step R
- 2 LF Step backwards
- 3 RF Recover weight
- 4 LF Step L
- & RF Step together
- 5 LF Step L
- 6 RF Step backwards
- 7 LF Recover weight
- 8 RF Step forward
- & LF Step together
- 9 RF Step forward

A2: ROCK STEP, TRIPLE STEP ¼ TURN L, SWAY

- 10 LF Step forward
- 11 RF Recover weight
- 12 LF Step L with ¼ turn L
- & RF Step together
- 13 LF Step L with sway L
- 14 Sway R
- 15 Sway L
- 16 Sway R

A3: STEP, STEP FWD, ROCK STEP, TRIPLE STEP, ROCK STEP, TRIPLE STEP

- 17 LF Step forward
- 18 RF Step forward
- 19 LF Recover weight
- 20 RF Step backwards
- & LF Step together
- 21 RF Step backwards
- 22 LF Step backwards
- 23 RF Recover weight
- 24 LF Step forward
- & RF Step together
- 25 LF Step forward

A4: SIDE, BRINGS, TRIPLE STEP, BEHIND, SIDE, STEP ¼ TURN L

- 26 RF Step R
- 27 LF Step together recover weight on L
- 28 RF Step forward
- & LF Step together
- 29 RF Step forward
- 30 LF Step L
- 31 RF Cross behind

PART B: 32 counts**B1: ROCK STEP, SWEEP, SAILOR STEP, STEP LOCK, STEP LOCK STEP**

- 1 RF Step forward
- 2 LF Recover weight with sweep RF
- 3 RF Cross behind
- & LF Step L
- 4 RF Step R
- 5 LF Step forward
- 6 RF Step together
- 7 LF Step forward
- & RF Step together
- 8 LF Step forward

B2: STEP LOCK, STEP LOCK STEP, ROCK STEP, TRIPLE STEP $\frac{1}{2}$ TURN L

- 9 RF Step forward
- 10 LF Step together
- 11 RF Step forward
- & LF Step together
- 12 RF Step forward
- 13 LF Step forward
- 14 RF Recover weight
- 15 LF Step L with $\frac{1}{4}$ turn L
- & RF Step together
- 16 LF $\frac{1}{4}$ turn L step L forward

B3: ROCK STEP, SWEEP, SAILOR STEP, STEP LOCK, STEP LOCK STEP

- 17 RF Step forward
- 18 LF Recover weight with sweep RF
- 19 RF Cross behind
- & LF Step L
- 20 RF Step R
- 21 LF Step forward
- 22 RF Step together
- 23 LF Step forward
- & RF Step together
- 24 LF Step forward

B4: STEP LOCK, STEP LOCK STEP, ROCK STEP, TRIPLE STEP $\frac{1}{2}$ TURN L

- 25 RF Step forward
- 26 LF Step together
- 27 RF Step forward
- & LF Step together
- 28 RF Step forward
- 29 LF Step forward
- 30 RF Recover weight
- 31 LF Step L with $\frac{1}{4}$ turn L
- & RF Step together
- 32 LF $\frac{1}{4}$ turn L step L forward

