

Ninthe's Cha

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Rico Peeters (NL)

Musique: Ruleta Rusa - Enrique Iglesias



CHA-CHA STARTER STEP, LOCK STEP BACK, ROCK BACK, MAMBO CROSS

- 1 Right step to the side
- 2-3 Left rock forward, right recover
- 4&5 Left step back, right lock in front left, left step back
- 6-7 Right rock behind left, left recover
- 8&1 Right rock diagonally behind left to the side, left recover, right step cross left

ROCK FORWARD, ¼ TURN CHASSÉ LEFT, LUNGE, KICK OUT & SWEEP, SYNCOPATED WEAVE

- 2-3 Left rock forward, right recover
- 4&5 Left step ¼ turn left, right step next to left, left step to the side
- 6 Right lunge 1/8 diagonally forward (right knee bend and left knee bend slightly)
- 7 Right kick out and sweep, recover weight on left
- 8&1 Right behind left, left step ¼ turn left forward, right step forward

ROCK FORWARD, LOCK STEP ½ TURN LEFT, ¼ TURN LEFT FLICK, KICK BALL TOUCH

- 2-3 Left rock forward, right recover
- 4&5 Left step ¼ turn left, right step next to left, left step to the side
- 6-7 Right touch to the right, right flick ¼ turn left
- 8&1 Right kick forward, right ball step beside left, left touch forward

HIP BUMPS (2X), LEFT LOCKSTEP FORWARD, ROCK FORWARD, SIDE STEP ¼ TURN RIGHT, STEP

- 2-3 Left recover weight onto left and bump hip forward, right bump hip back
- 4&5 Left step forward, right lock behind left, left step forward
- 6-7 Right rock forward, left recover
- 8& Right step ¼ turn right, left step beside right

REPEAT
