

Girl

Compte: 32

Mur: 2

Niveau: Beginner (Smooth Cha Cha)



Chorégraphe: Iliane Raiza van der Graaf (NL) - September 2008

Musique: Shake You Down - Gregory Abbott : (CD: Disco Inferno, CD 2)

Intro: 32 counts (start on vocals)

WALK, WALK, LOCK STEP FORWARD, ROCK FORWARD, RECOVER, SAILOR ¼ TURN LEFT

- 1 step forward on right
- 2 step forward on left
- 3 step forward on right
- & lock left behind right
- 4 step forward on right
- 5 rock forward onto left
- 6 recover onto right
- 7 make ¼ turn left, cross left behind right
- & step right to right side
- 8 step left to left side

CROSS ROCK, RECOVER, CHASSE, CROSS, ¾ TURN RIGHT, SWEEP, BEHIND, SIDE STEP, CROSS

- 9 cross rock right over left
- 10 recover onto left
- 11 step right to right side
- & step left next to right
- 12 step right to right side
- 13 cross left over right
- 14 make ¾ turn right
- 15 sweep right behind left
- & step left to left side
- 16 cross right over left

SIDE ROCK, RECOVER, CROSS SHUFFLE, CHASSE ¼ TURN LEFT, SHUFFLE ½ TURN LEFT

- 17 rock left to left side
- 18 recover onto left
- 19 cross left over right
- & step right to right side
- 20 cross left over right
- 21 step right to right side
- & step left next to right
- 22 make ¼ turn left, step back onto right
- 23 make ¼ turn left, step left to left side
- & step right next to left
- 24 make ¼ turn left, step forward on left

Option: 1½ TURN LEFT

- 23 make ½ turn left, step forward on left
- & make ½ turn left, step back onto right
- 24 make ½ turn left, step forward on left

½ TURN LEFT WITH SWEEP, TOUCH, LOCK STEP FORWARD, ROCK FORWARD, RECOVER, BEHIND, ¼ TURN RIGHT, STEP FORWARD, STEP FORWARD

- 25 make ½ turn left, sweep right
- 26 touch right next to left

27 step forward on right
& lock left behind right
28 step forward on right
29 rock forward on left
30 recover onto right
31 cross left behind right
& make ¼ turn right, step forward on right
32 step forward on left

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