

Cha Cha (恰恰) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Peter Ng (SG) - 2009年04月
音乐: Cha Cha (차 차) - Eugene (유진) : (CD: My True Style)



前奏 : 20 counts intro 20拍後起跳

第一段 Step Back, Drag, Ball, Walk Walk, Cross, Side, Sailor Heel, Step
後踏, 拖, 併, 走走, 交叉, 側, 水手踵點, 踏

12&34 Step L back, Drag R towards L, Step R on ball, Step L forward, Step R forward 左足後踏, 右足拖併, 右足踏, 左足前踏, 右足前踏

56,7&8& Cross L over R, Step R to side, Step L back, Step R to side, Touch L heel diagonally forward, Step L beside R
左足於右足前交叉踏, 右足右踏, 左足後踏, 右足右踏, 左足踵斜角前點, 左足併踏

第二段 Cross, Side, Point Behind, Unwind, Cross Shuffle, Rock, Flick
交叉, 側, 後點, 繞轉, 交叉交換, 下沉, 抬

1-4 Cross R over L, Step L to side, Point R behind L, Unwind ½ turn right shifting weight to R (6 o'clock)
右足於左足前交叉踏, 左足左踏, 右足於左足後點, 右繞轉180度重心在右足(面向6點鐘)

5&6,78 Cross L over R, Step R to side, Step L over R, Rock R to side, Recover on L flicking R back slightly
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右下沉, 左足復右足略後抬

第三段 Side Step, Sit With ¼ Left, Hold Ball Step, Hip Bumps, Step
側踏, 坐左轉1/4, 候併踏, 推臀, 踏

12,3&4 Step R to side, turning ¼ left sit with weight on R, Hold, Step L on ball beside R, Step R forward (3 o'clock)
右足右踏, 坐姿左轉90度, 候, 左足併踏, 右足前踏(面向3點鐘)

56,7&8 Touch L toe forward and bump hip left, right, Bump hip left, Bump hip right, Bump hip left stepping on L
左足趾前點推臀-左, 右, 推臀-左, 右, 左(左足踏)

第四段 Walk, Walk, Rock ½ Turn, Turning ¼ Vine And Touch
走, 走, 下沉轉1/2, 轉1/4華倫點

12,3&4 Step R forward, Step L forward, Rock R forward, Recover back on L, Turning ½ right stepping R forward (9 o'clock)
右足前踏, 左足前踏, 右足前下沉, 左足後回復, 右轉180度右足前踏(面向9點鐘)

5-8 Turning ¼ right step L to side, Step R behind L, Step L to side, Touch R beside L (12 o'clock)
右轉90度左足左踏, 右足於左足後踏, 左足左踏, 右足併點(12點鐘)

第五段 Forward Shuffle, Walk, Walk, Forward Shuffle, Rock Recover
前交換, 走, 走, 前交換, 下沉回復

1&2,34 Shuffle forward on R L R, Step L forward, Step R forward
前交換-右, 左, 右, 左足前踏, 右足前踏

****1 RESTART & TAG:** On the 2nd wall, you will do the FIRST 36 counts of the dance which will take you up to the 'Forward Shuffle, Walk, Walk' facing 9 o'clock. ADD 4 hip bumps – Bump left (5), right (6), left (7), right (8) - then make a ¼ right turn and restart dance facing 12 o'clock

第二面牆跳至此面向9點鐘, 跳4拍推臀-左右左右, 右轉90度面向12點鐘, 從頭起跳

5&6,78 Shuffle forward on L R L, Rock R forward, Recover back on L (12 o'clock)
前交換-左, 右, 左, 右足前下沉, 左足後回復(面向12點鐘)

第六段 Make 1½ Turn Travelling Backward, Step, Jazz Box Cross
後轉1又1/2圈, 踏, 爵士方塊交叉

- 1-4 Turning $\frac{1}{2}$ right step R forward, Turning $\frac{1}{2}$ right step L back, Turning $\frac{1}{2}$ right step R forward, Step L forward (6 o'clock)
右轉180度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向6點鐘)
- 5-8 Cross R over L, Step back on L, Step R to side, Cross L over R
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏
- 第七段** Side Hip Bumps, $\frac{1}{4}$ Turn Walk, Walk, $\frac{1}{4}$ Turn Cross Shuffle, Side, Behind
側推臀, 轉 $\frac{1}{4}$ 走 走, 轉 $\frac{1}{4}$ 交叉交換, 側, 後
- 1&2,34 Stepping R to side hip bump right left right, Turning $\frac{1}{4}$ left step forward on L, Step forward on R (3 o'clock)
右足右踏推臀-右, 左, 右, 左轉90度左足前踏, 右足前踏(面向3點鐘)
- 5&6,78 Turning $\frac{1}{4}$ left cross shuffle on L R L, Step R to side, Step L behind R (12 o'clock)左轉90度交叉交換, 右足右踏, 左足於右足後踏(12點鐘)
- 第八段** Turn $\frac{1}{4}$ Shuffle Forward, Pivot $\frac{1}{2}$ Turn, Walk, Hold, Walk, Hold
轉 $\frac{1}{4}$ 前交換, 轉 $\frac{1}{2}$, 走, 候, 走, 候
- 1&2,34 Turning $\frac{1}{4}$ right step R forward, Step L behind R, Step R forward, Step L forward, Pivot $\frac{1}{2}$ turn right stepping on R (9 o'clock)
右轉90度右足前踏, 左足於右足後踏, 右足前踏, 左足前踏, 右轉180度右足踏(面向9點鐘)
- 5-8 Step L forward, Hold, Step R forward, Hold 左足前踏, 候, 右足前踏, 候
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