

Starry Cha

拍数: 32 墙数: 4 级数: Improver
编舞者: Jan Brookfield (UK) - October 2015
音乐: Later Than You Think - David Starr : (iTunes)



Or : "Happy to be on an Island in the Sun" by Demis Roussos (120 BPM)

Section 1 : ROCK FORWARD, RECOVER, BACK SHUFFLE, ROCK BACK, RECOVER, FORWARD SHUFFLE

1,2,3&4 Rock R forward, recover onto L, shuffle back on R,L,R
5,6, 7&8 Rock L back, recover onto R, shuffle forward on L,R,L

Section 2 : STEP FORWARD, ¼ PIVOT TURN LEFT, CROSS SHUFFLE, SIDE ROCK, RECOVER, STEP BEHIND, STEP SIDE

9,10 Step R forward, pivot quarter turn left transfer weight onto L (facing 9 o'clock)
11&12 Shuffle across to left on R,L,R
13,14,15,16 Rock L to side, recover on R, step L behind R, step R to right side

Section 3 : CROSS ROCK, RECOVER, CHASSE LEFT WITH ¼ TURN LEFT, ROCK FORWARD, RECOVER, 2 HALF TURNS BACK

17,18 Rock L across in front of R, recover onto R
19&20 Step L to side, close R to L, making quarter turn left step L forward (6 o'clock)
21,22 Rock R forward, recover onto L
23,24 Making half turn right step forward on R, Making another half turn right step back on L (still facing 6 o'clock) *

Section 4 : ROCK BACK, RECOVER, KICK-BALL-CHANGE, ½ PIVOT TURN, ¼ PIVOT TURN

25,26 Rock R back, recover onto L
27&28 Kick R forward, rock back on R, recover forward onto L
29,30 Step R forward, pivot half turn over left shoulder, transfer weight onto L
31,32 Step R forward, pivot quarter turn over left shoulder, transfer weight onto L (now facing 9 o'clock)

*PLEASE NOTE : The two ½ turns in Section 3, counts 23,24; can be replaced by 2 walks back.