

Rebel Cha

拍数: 48 墙数: 4 级数: Intermediate Cha Cha rhythm
编舞者: Michele Perron (CAN) - February 2016
音乐: Black Sheep - Gin Wigmore : (Album: Gravel & Wine - 3:03 / Single Cha Cha - 3:07)



Downloads: iTunes, amazon.com
Introduction: 32 Counts, once beat kicks in

Christmas Selection:
Merry Christmas, Baby by CeeLo Green Feat. Rod Stewart & Trombone Shorty.
Album: CeeLo's Magic Moment (3:50 minutes)
Downloads: iTunes, amazon.com

CW Rotation,

Sec. I (1- 8) SIDE, ACROSS, BACK, R CHA CHA TURN, FORWARD, TURN, L CHA CHA TURN

1,2,3 LEFT Step side L, RIGHT Break/Step across front of L, LEFT Recover/Step behind R
4,&,5 RIGHT Cha Cha Cha with 1/4 Turn R (R side, L tog, R forward) [3 o'clock]
6,7 LEFT Step forward, Turn 1/2 R with RIGHT Step forward □ [9 o'clock]
8,&,1 Turn 1/2 R with LEFT Cha Cha Cha (L side, R across front of L, L back) [3 o'clock]

Sec. II (9-16) BACK, FORWARD, R CHA CHA FORWARD, SIDE-RECOVER-ACROSS, SIDE-RECOVER-ACROSS

2,3 RIGHT Break/Step back, LEFT Recover/Step forward
4,&,5 RIGHT Cha Cha Cha forward (R forward, L beside, R forward)
6,&,7 LEFT Break/Step side L, RIGHT Recover/Step side R (in place), LEFT Step across front of R
8,&,1 RIGHT Break/Step side R, LEFT Recover/Step side L (in place), RIGHT Step across front of L

Sec. III (17-24) FORWARD, BACK, L CHA CHA TURN, BESIDE, SIDE, BESIDE-BESIDE-TURN □ □ □

2,3 LEFT Break/Step forward, RIGHT Recover/Step back
4,&,5 LEFT Cha Cha Cha with 1/2 Turn L (L side, R tog, L forward) □ [9 o'clock]
6,7 RIGHT Step beside L, LEFT Step side L
8,&,1 RIGHT Step beside L, LEFT Step beside R, Turn 1/4 R with RIGHT Step forward [12 o'clock]

Sec. IV (25-32) FORWARD, TURN, ACROSS-BEHIND-TURN, ACROSS, BACK, R CHA CHA BACK

2,3 LEFT Step forward, Turn 1/4 R with Right Step side R □ [3 o'clock]
4,& LEFT Break/Step across front of R, RIGHT Recover/Step behind L,
5 Turn 1/4 L with LEFT Step forward & slightly side L □ [12 o'clock]
6,7 RIGHT Step across front of L, LEFT Step back & diagonal L
8,&,1 RIGHT Locking Cha Cha Cha back & diagonal R (R back, L back & across front of R, R back)

Sec. V (33-40) ACROSS, TURN, L CHA CHA TURN, FORWARD, TURN, R CHA CHA CROSSING

2,3 LEFT Step across front of R, Turn 1/4 L with RIGHT Step back □ [9 o'clock]
4,&,5 LEFT Cha Cha Cha with 1/4 Turn L (L side, R tog, L forward) □ [6 o'clock]
6,7 RIGHT Step forward, Turn 1/4 L with LEFT Step side L [3 o'clock]
8,&,1 RIGHT Cha Cha Cha crossing in front of L (R across, L side, R across)

Sec V1 (41-48) BESIDE, SIDE, BESIDE-ACROSS-SIDE, BUMP, BUMP, BUMP

2,3 LEFT Step beside R, RIGHT Step side R
4,&,5 LEFT Step beside R, RIGHT Step across front of L, LEFT Step side L
6,7,8 Bump Hips R, L, R

Begin Again

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