

S.O.S.

拍数: 32 墙数: 4
编舞者: Noel Roos (SA) - May 2016
音乐: S.O.S. By Zonke

级数: Improver Cha Cha



#16 COUNT INTRO - NO TAGS AND NO RESTARTS

SECTION 1: BASIC CUBAN RIGHT, ¼ TURN LEFT, ROCK, RECOVER, LOCK STEP BACK

1-2-3 Step R To Side, Cross Rock L Over R, Recover
4&5 Step L To Side, Close R Beside L, Step L To Side Making ¼ Turn Left (9:00)
6-7 Rock R Forward, Recover
8&1 Lock Step Back Rlr

SECTION 2: SWEEP, BEHIND CROSS UNWIND, BASIC CUBAN RIGHT, TRIPLE STEP

2-3-4 Sweep L From Front And Cross Behind R, Unwind Full Turn, Weight On L
5-6-7 Step R To Side, Cross Rock L Over R, Recover
8& Step L To Side, Close R Beside L

SECTION 3: BASIC CUBAN LEFT, ¼ TURN RIGHT, FULL TURN, LOCK STEP FORWARD

1-2-3 Step L To Side, Cross Rock R Over L, Recover
4&5 Step R To Side, Close L Beside R, Step R To Side Making ¼ Right
6-7 ½ Turn Right Stepping Back On L, ½ Right Stepping Forward On R
8&1 Lock Step Forward Lrl (12:00)

SECTION 4: MAMBO X2, CUBAN PADDLE ¼ TURN, TRIPLE TO THE RIGHT

2&3 Rock R Forward, Recover, Step R Beside L
4&5 Rock L Back, Recover, Step L Beside R
6-7 Rock R To Side Rolling Hips Making ¼ Turn Left (9:00)
8& Step R To Side, Close L Beside R

START AGAIN AND ENJOY THIS AWESOME SOUTH AFRICAN CHA CHA□:
