

# My Ladies Dance

**COPPER KNOB**  
STEPPERS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Wanda Heldt (AUS) - July 2016  
音乐: Recuerda - Piet Veerman



**Note: - No Tags or Restarts - Just dance**

**Oliva by Rick Trevino - will Fit most Cha Cha music.**

**For a 1 Wall very basic Dance - Don't make the 1/4 turns.**

**Split floor with Silk & Satin**

## **S1. □ ROCK FORWARD, RECOVER, CHA CHA, ROCK BACK, RECOVER, CHA CHA**

1-2                      Rock Left forward, Recover on Right.  
3&4                     Cha Cha in place Left, Right, Left.  
5-6                     Rock back on Right, Recover on Left.  
7&8                     Cha Cha in place Right Left, Right.

## **S2. □ STEP LEFT, STEP or SLIDE TOGETHER 1/4 TURN LEFT, CHA CHA, STEP RIGHT, STEP or SLIDE TOGETHER, CHA CHA**

1-2                     Step Left to Left side, Step/Slide Right next to Left. [Sway hips L.R wt.on R]  
3&4                     1/4 turn Left slight cha cha forward Left, Right, Left. [9:00]  
5-6                     Step Right to Right side, Step/Slide Left next to Right. [Sway hips R.L wt.on L]  
7&8                     Cha Cha in place to right side Right, Left, Right.

## **S3. □ ROCK FORWARD, RECOVER, STEP BACK, SWEEP □ the RIGHT, ROCK BACK RIGHT DIAGONAL, RECOVER, SHUFFLE □**

1-2                     Rock forward on Left, Recover on Right.  
3-4                     Step back on Left, Sweep Right 1/2 circle to back.  
5-6                     Rock back on Right body to Right Diagonal towards 12:00] Recover on Left.  
7&8                     Shuffle forward Right, Left, Right. [facing 9:00]

## **S4. □ ROCK FORWARD, RECOVER, CH ACHA, ROCK BACK, RECOVER, 1/4 TURN LEFT STEP, HITCH LEFT**

1-2                     Rock Left forward, Recover on Right.  
3&4                     Cha Cha in Place Left, Right, Left.  
5-6                     Rock back on Right, Recover on Left.  
7-8                     1/4 turn Left as you Step forward on Right, Hitch Left. [6:00] □ □ □.

**Restart.....HAVE FUN IN LIFE & IN DANCE**

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