

Can't Stop The Cha Cha

COPPER KNOB
BY STEPSHEETS

拍数: 64 墙数: 4 级数: Beginner
编舞者: Sally Hung (TW) - September 2016
音乐: You Can't Stop The Cha Cha / Best Cha Cha Ever



Sequence Of Dance: No Tag, No Restart

Intro: Start To Dance At The Main Song "You" - No Tag, No Restart

S1. SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, COASTER STEP

1,2,3&4 Rock R to the side, recover onto L, cross step R over L, step L side, cross step R over L
5,6,7&8 Rock L to the side, recover onto R, step L back, step R together, step L fwd

S2. SIDE SHUFFLE R, SIDE SHUFFLE L, PADDLE ¼ TURN L (X2)

1&2,3&4 Step R to R side, close L beside R, step R to R side, step L to L side, close R beside L, step L to L side
5,6,7,8 Step fwd on R, Pivot ¼ turn L, step fwd on R, Pivot ¼ turn L

S3. CROSS ROCK, RECOVER, CHASSE R, CROSS ROCK, RECOVER, CHASSE L

1,2,3&4 Cross rock R over L, recover onto L, step R to side, step L together, step R to side
5,6,7&8 Cross rock L over R, recover onto R, step L to side, step R together, step L to side

S4. FULL TURN IN A COUNTER CLOCKWISE BY WALK-WALK-SHUFFLE FWD (X2)

1,2,3&4 Walk around full turn in a counter clockwise direction stepping R, L, shuffle fwd on RLR
5,6,7&8 Keep walking around in a counter clockwise direction stepping L,R, shuffle fwd on LRL

S5. FWD SHUFFLE (X2), WALK BACK R-L, COASTER STEP

1&2,3&4 Step R fwd, step L next to R, step R fwd, step L fwd, step R next to L, step L fwd
5,6,7&8 Step back on R-L, step back on R, step L beside R, step R fwd

S6. FWD SHUFFLE (X2), WALK BACK L-R, SAILOR STEP WITH ¼ TURN L

1&2,3&4 Step L fwd, step R next to L, step L fwd, step R fwd, step L next to R, step R fwd
5,6,7&8 Step back on L-R, turn ¼ L cross stepping L behind R, step R to R side, step L to L side

S7. MONTEREY TURN ¼ TURN R (X2)

1,2,3,4 Touch R toe to R, step R to L as you turn ¼ to R, touch L toe to L, step L to R
5,6,7,8 Repeat 1,2,3,4

S8. JAZZ BOX WITH ¼ TURN R (X2)

1,2,3,4 Make ¼ turn R stepping R fwd, step L back, step R to R, step L fwd
5,6,7,8 Repeat 1,2,3,4

Have fun!

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