

Stand For Me

拍数: 32

墙数: 4

级数: Improver - (Cha Cha Bachata
Rhythm)



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音乐: Stand by Me - Geeno Smith

Count In: 32 counts

[1-8] □ Rolling with Cha cha – Cross Side – ¼ Sailor

1 2 ¼ turn R step R forward (1), ½ turn R back step on L (2), 03/09
3&4 ¼ turn R side R step (3), L beside R (&), R side step (4) □12.00
Easy option : R Side step (1), L together (2), R side step(3), L beside (&), R side step (4)
5 6 cross L over R (5), R side step (6) 12.00
7&8 ¼ turn L step L behind (7), R step next L (&), Side step on L (8) 09.00

[9-16] □ Samba R & L – Jazz Box ½ turn R

1&2 cross R over L (1), side rock on L (&), recover weigh on R (2) □09.00
3&4 cross Lover R (3), side rock on R (&), recover weigh on L (4), □09.00
Easy option : step R forward (1), touch L on L side (2), step L forward (3), touch R on R side (4)
5 6 cross R over L (5), ¼ turn R step L back (6) □12.00
7 8 ¼ turn R side step on R (7), cross L over R (8) □03.00

[17-24] □ Rumba Box with Cha cha

1 2 R side step (1), L together R (2) □03.00
3&4 step R forward (3), L beside R (&), step R forward (4) □03.00
5 6 L side step (5), R together L (6) □ 03.00
7&8 Step back on L (7), R beside L (&), step back on L (8) □03.00

[25-32] Bachata Back & Forward – Sway R L R L

1 2 Step R back (1), touch L with hip bump (2) □03.00
3 4 Step L forward (3), touch R with hip bump (4) □03.00
5 6 sway R (5), sway L (6) □03.00
7 8 Sway R (7), sway L (8) □03.00

Final □ you are at 6 o'clock, replace "sway (7) sway (8)", by cross R over L (7), unwind (8) to finish at 12 o'clock

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