

An Easy Cha

COPPERKNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner Cha Cha
编舞者: Lisa McCammon (USA) - February 2018
音乐: One Night At a Time - George Strait



Any social cha in the 110-125 bpm range (suggestions below)

This dance was written for beginners to learn some basic social cha-cha-cha triple patterns, and can be used as a beginner floor split for harder cha-cha dances (dance through any phrasing anomalies).

Counterclockwise rotation; start weight on L

SIDE ROCK, RECOVER, STEP-STEP-STEP; SIDE ROCK, RECOVER, STEP-STEP-STEP

1-2 Rock R to side, recover L
3&4 Step in place RLR
5-6 Rock L to side, recover R
7&8 Step in place LRL

REPEAT PREVIOUS 8

FORWARD ROCK, RECOVER, BACK-CLOSE-BACK; BACK ROCK, RECOVER, STEP-CLOSE-STEP

1-2 Rock forward R, recover L
3&4 Step back R, step L next to R, step back R
5-6 Rock back L, recover R
7&8 Step forward L, step R next to L, forward L

STEP, TURN, CROSS-&-CROSS; SIDE ROCK, RECOVER, CROSS-&-CROSS

1-2 Step forward R, turn left $\frac{1}{4}$ [9] (over-rotate slightly to left diagonal)
3&4 Cross R, step L to side, cross R
5-6 Rock L to side, recover R (open slightly to right diagonal)
7&8 Cross L, step R to side, cross L

Music suggestions:

One Night At A Time, George Strait
Broken Stones, Paul Weller
Tell The World, Eric Hutchinson
Got To Give It Up, Marvin Gaye
Marvin Gaye, Charlie Puth ft. Meghan Trainor
Bajo La Luna, Sparx
Rebel de Amor, Belle Perez.

All rights reserved, February 2018. This step sheet is not authorized for publication on Kickit. If you have a script of this dance with the Kickit logo it should be destroyed, because it has been posted without permission or proper credit, and may have been altered without my knowledge or consent. Contact Lisa at dancinsfun@gmail.com or visit www.peterlisamcc.com