

La Nina Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Rarayanti Marwan (INA) - April 2018
音乐: La Nina by Angela Diliberto, Edisi Caramba - Milan Italy



Dance starts at vocal. No Tags, No Restarts!

Sec. 1: BACK, REC., CROSS, LR TWIST, CROSS, SIDE, CROSS SHUFFLE

1 2 Rock back on R, Recover on L
3 4& Cross R over L, Step L together R while Twist hip L, Twist hip R
5 6 Cross L over R, Step R side on R
7 & 8 Cross L over R, Step R side on R, Cross L over R

Sec. 2: ROCKING CHAIR, FWD, 1/2 L PIVOT, FWD, LOCK, FWD & SWEEP

1 2 Step R Forward, Recover on L
3 4 Step back on R, Recover on L
5 6 Step R Forward, 1/2 L Pivot Turn step on L (06.00)
7 & 8 Step forward on R, step lock L behind R, Step forward on R & sweep L from back to side

Sec. 3: CROSS, SIDE, BACK LOCK STEPS, FLICK, BEHIND, SIDE, FWD LOCK STEPS

1 2 Continue sweep L to front & cross L over R, step R side on R
3 & 4& Step back on L, step lock R in front of R, step L backward, Flick R
5 6 Step R behind L, Step L side on L
7 & 8 Step forward on R, step lock L behind R, Step forward on R

Sec. 4: FWD, 1/4 L TURN POINT, CROSS, POINT, BACK, REC., FWD COASTER

1 2 Step L Forward, 1/4 L Turn Point R side on R (03.00)
3 4 Cross R over L, Point L side on L (weight on right)
5 6 Step back on L, Recover on R
7 & 8 Step forward on L, Step R forward together L, step back on L

For music, contact email : rrvigianti@gmail.com

There is No Tag, No Restart in this dance, I hope you enjoy, and have fun!

Contact: rrvigianti@gmail.com
