La Nina Cha Cha



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
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For music, contact email: rrvigianti@gmail.com

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

8 Step forward on L, Step R forward together L, step back on L

Contact: rrvigianti@gmail.com

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