

Double Cha Cha

拍数: 32 墙数: 4 级数: Beginner Cha Cha rhythm
编舞者: Oli Geir (ICE) - April 2020
音乐: If I Said You Have a Beautiful Body (Would You Hold It Against Me) - The Bellamy Brothers



#16 Counts Intro

Rocking Chair. Forward Rock. Step Lock Step.

1-4 Rock forward on R, recover on L. Rock back on R. Recover on L.
5-6 Rock forward on R, recover on L.
7&8 Step back on R, lock step L in front of R, step back on R.

Reversed Rocking Chair. Back Rock. Step Lock Step.

1-4 Rock back on L, recover on R. Rock forward on L, recover on R.
5-6 Rock back on L, recover on R.
7&8 Step forward on L, lock step R behind L, step forward on L.

*See Note Below For Absolute Beginners

Pivot ½ Turn L. Step Lock Step. Pivot ½ Turn R. Step Lock Step.

1-2 Step forward on R, pivot ½ turn left weight on L. (6)
3&4 Step forward on R, Lock step L behind R. Step forward on R.
5-6 Step forward on L, pivot ½ turn right weight on R. (12)
7&8 Step forward on L. Lock step R behind L. Step forward on L.

Step Pivot ¼ Turn Left Times 3 . Step Pivot ½ Turn Left.

1-6 Step forward on R, pivot ¼ turn right weight on L (use hips)
 Repeat two times. (Turn ¾ turn left over counts 1-6)
7-8 Step forward on R, pivot ½ turn left weight on L. (3)

*Note For Absolute Beginners:

Replace Section 3 For NonTurning Steps (facing 12 o'clock)

Forward Rock. Step Lock Step. Back Rock. Step Lock Step.

1-2 Rock forward on R, recover on L
3&4 Step back on R, Lock step L in front of R. Step back on R.
5-6 Rock back on L, recover on R
7&8 Step forward on L, lock step R behind L. step forward on L.

Enjoy and Happy Dancing
