

Dee's Cha Cha

拍数: 32 墙数: 4 级数: Improver
编舞者: Tommy Hanohano (USA) - May 2020
音乐: Marvin Gaye (feat. Meghan Trainor) - Charlie Puth



No Tags No Restarts

S1: Heel, Hook, Shuffle Forward, Rock Forward, Recover, Shuffle Back

1-2 (1) Touch right heel forward, (2) Hook right foot across left shin
3&4 (3) Step right forward, (&) Step left together, (8) Step right forward
5-6 (5) Rock left forward, (6) Recover on right
7&8 (7) Step left back, (&) Step right together, (8) Step left back

S2: Rock Back, Recover, Triple ¾ turn left, Rock Back, Recover, Shuffle Forward

1-2 (1) Step right back, (2) Recover on left
3&4 (3&4) Turn ¾ left on the spot triple R-L-R (Facing 3:00)
5-6 (5) Rock left back, (6) Recover on right
7&8 (7) Step left forward, (&) Step right next to left, (8) Step left forward

S3: Cross Rock, Recover, Side Shuffle, Cross Rock, Recover, Side Shuffle

1-2 (1) Cross rock right over left, (2) Recover on left
3&4 (3) Step right to right side, (&) Step left next to right, (4) Step right to right side
5-6 (5) Cross rock left over right, (6) Recover on right
7&8 (7) Step left to left side, (&) Step right next to left, (8) Step left to left side

S4: Rock Forward, Recover, ½ turn shuffle right, ¼ turn right, ¼ turn right, Coaster Step

1-2 (1) Rock right forward, (2) Recover on left
3&4 (3) ¼ turn right and step right to right side, (&) Step left next to right, (4) ¼ turn right and step right forward
5-6 (5) ¼ turn right and step left to left side, (6) ¼ turn right and step right back
7&8 (7) Step left back, (&) Step right next to left, (8) Step left forward

Step sheet prepared by Jeffrey Callejo February 14, 2019 tjrc@hawaii.rr.com