

Stretchy Pants Cha

拍数: 32 墙数: 2 级数: Improver Cha Cha
编舞者: Zan Tan (SG) - January 2022
音乐: Stretchy Pants - Carrie Underwood



Intro 16 counts.

Section 1: L Side, R Back Rock, R Shuffle, L Forward Rock, ¼ L Chasse

1-2-3 Side step on LF (1), RF rock back (2), recover on LF (3) 12:00
4&5 Step forward on RF (4), step LF next to RF (&), step forward on RF (5) 12:00
6-7 Step forward on LF (6), recover on RF (7) 12:00
8&1 ¼ turn L stepping LF to side (8), step RF next to LF (&), step LF to side (1) 9:00

Section 2: Sway R, Sway L, Chasse R, L Forward Rock, L Back Shuffle

2-3 Sway hip to R (2), Sway hip to L (3) 9:00
4&5 Step RF to side (4), step LF next to RF (&), step RF to side (5) 9:00
6-7 LF rock forward (6), recover onto RF (7) 9:00
8&1 Step back on LF (8), step RF next to LF (&), step LF back (1) 9:00

**** On wall 4 and 8, change above steps to ¼ turn L chasse. (8&1) 12:00**

Section 3: R Back Shuffle, L Back Rock, L Forward, Spiral ¾ Turn R, Chasse R

2&3 Step back on RF (3), step LF next to RF (&), step RF back (3) 9:00
4-5-6 Rock LF back (4), recover onto RF (5), step LF forward (6) 9:00
7-8&1 Turn ¾ R with weight on LF (7), step RF to side (8), step LF next to RF (&), step RF to side (1) 6:00

Section 4: L Cuban Breaks, L Side, R Cross, L back, R Together

2&3& Cross LF over RF (2), recover onto RF (&), side rock on LF (3), recover weight on RF (&) 6:00
4&5 Cross LF over RF (4), recover onto RF (&), side step onto LF (5) 6:00
6-7-8 Cross RF over LF (6), step LF back (7), step RF next to LF (8) 6:00

****RESTART: During wall 4 and 8. Change the last 3 steps of section 2 to make a ¼ L turn to restart from beginning of dance facing 12:00.**

8&1 ¼ turn L stepping LF to side (8), step RF next to LF (&), step LF to side (1)

Happy Danzin!