

I Cha Cha Cha With a Bim Bam Boom

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sher McIntosh (CAN) - April 2022
音乐: Cha Cha - Bim Bam Boom - PMOL Music : (Album: PMOL 089 Retro Kitsch)



No Tags, No Restarts

Point RT FWD, RT Point to Side, Triple Step using heels with RT foot behind Left leg, repeat all on left side

- 1-2 RT foot point FWD, RT foot point RT Side
- 3&4 Triple Step – Stepping RT behind LT leg – finish triple step by raising and lowering heels only (RLR)
- 5-6 LT foot point FWD, LT foot point LT Side
- 7&8 Triple Step - Stepping LT foot behind RT leg, finish triple step by raising and lowering heels only (LRL)

RT Sugar Foot, Triple Step, LT Point LT, Point Centre, Scuff FWD, Scuff Across RT, & Pose Toe beside RT Leg

- 1-2 Touch RT toe at Centre, Touch RT heel at Centre
- 3&4 Triple Step RLR
- 5-6 Point LT toe to LT Side, Touch LT toe to RT instep
- 7&8 Scuff LT foot FWD, Scuff Across RT leg, Pose on LT Toe, (on RT side of the RT leg on the Outside of the RT foot)

Half Syncopated Rumba Box FWD (start LT to LT), RT Rock FWD, Recover, Triple Half Turn Right

- 1-2 Step LT to LT side, step RT together
- 3&4 Shuffle FWD LRL
- 5-6 RT foot rock FWD, recover LT
- 7&8 Half turn RT (drag RT foot while turning), and shuffle FWD- RLR

LT Step, Touch, RT Step FWD, Step Turn 1/4 LT, Fan RT heel IN and return, Fan LT heel IN and Return

- 1-2 Step LT, Touch RT at instep
- 3-4 Step FWD RT, 1/4 LT turn and step on LT foot
- 5-6 Fan RT heel IN to centre, and return
- 7-8 Fan LT heel IN to centre, and return

Contact: shermcintosh67@gmail.com