

Portland Cha EZ

拍数: 32 墙数: 4 级数: Beginner Cha Cha
编舞者: Martine Canonne (FR) - April 2022
音乐: Mercy - Valntn : (Single - iTunes)



Intro : 32 counts (env. 17 secs). – No Tag No Restart

The first steps are inspired by the dance « Portland Cha » written by Amy Glass (USA), Dustin Betts (USA), Jean-Pierre Madge (CH), José Miguel Belloque Vane (NL), Simon Ward (AUS) & Niels Poulsen (DK) but no diagonally □

[1 – 9] R BACK, ROCK BACK, TRIPLE STEP, STEP TURN, TRIPLE STEP

1 – 3 Step RF back, step LF back, recover onto RF
4 & 5 Step LF forward, step RF next to LF, step LF forward
6 – 7 Step LF forward, turn 1/2 left (weight onto LF forward) (06:00)
8 & 1 Step RF forward, step LF next to RF, step RF forward

[10 – 17] HOLD, [TOGETHER & STEP] X3, ROCK STEP & SWEEP, SAILOR ¼ L FWD

2 Hold
&3&4&5 Step LF next to RF, step RF forward, step LF next to RF, step LF forward, step LF next to RF, step RF forward
Style : make a cuban movement in the forward movements
6 – 7 Step LF forward, recover onto RF & sweep LF from front to back
8 & 1 Cross PG behind RF, turn ¼ left stepping RF next to LF, step LF forward (03 :00)

[18 – 25] WALK R & L, TRIPLE STEP, ROCK STEP, COASTER CROSS

2 – 3 Step RF forward, step LF forward
4 & 5 Step RF forward, step LF next to RF, step RF forward
6 – 7 Step LF forward, recover onto RF
8 & 1 Step ball LF back, step ball RF next to LF, cross LF over RF (03 :00)

[26 – 32] HOLD, SIDE-CROSS & CROSS, HEEL BOUNCES 1/2 R

2 Hold
&3&4 Step RF to right side, cross LF over RF, step RF to right side, cross LF over RF
5 – 8 Turn 1/2 right bouncing both heels on the ground 4 times (weight onto LF) (09 :00)

<http://danseavecmartineherve.fr/>