

SalCha (살차)

拍数: 24 墙数: 2 级数: Beginner
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - August 2022
音乐: Salsa - Slumber Party Girls
或: Panama - Matteo



Note: No tags or restarts. Steps are for the salsa version of this dance. See notes for modifications to do as cha cha cha. If the music suits a break on count '2', then start the dance with a side step R on the RF on count '1' and then count the other steps as 2,3,4,1 for salsa, and 2,3,4&1 for cha cha cha. Try to incorporate lots of hip action and variations. Most importantly, smile and have fun!

Starting position: Face starting wall with feet together and weight over right foot (over LF if doing the break on '2').

[1-4] FORWARD BREAK, RECOVER, STEP BACK, HOLD

1-2 Break forward on LF (1), recover on RF (2)
3-4 Step LF back slightly (3), hold (4)

Note for cha cha cha: Lock step back (3&4)

[5-8] BACK BREAK, RECOVER, STEP FORWARD, HOLD

1-2 Break back on RF (1), recover on LF (2)
3-4 Step RF forward slightly (3), hold (4)

Note for cha cha cha: Lock step forward (3&4).

[9-12] CUCARACHA L

1-2 Step LF to L with split weight and hip action (like stepping on a cockroach) (1), transfer weight to RF (2)
3-4 Step LF beside RF (3), hold (4)

Note for cha cha cha: Triple in place with knee and hip action (3&4).

[13-16] CUCARACHA R WITH ¼ TURN R

1 Step RF to R with split weight and hip action (like stepping on a cockroach) (1)
2 Transfer weight to LF and pivot ¼ R on ball of LF (2)
3-4 Step RF slightly back of LF (3), hold (4)

Note for cha cha cha: Do ¼ turn R sailor step starting with RF (3&4).

[17-20] WEAWE R (these steps are the same for salsa and cha cha cha)

1-2 Step LF across RF (1), step RF to R (2)
3-4 Step LF behind RF (3), step RF to R (4)

[21-24] FORWARD BREAK, PIVOT ¼ R ON RECOVER, KICK, HOOK

1-2 Break forward on LF (1), pivot ¼ R on ball of LF and step RF to R (2)
3-4 Low kick LF across R knee (3), hook LF over R knee (4)

Note for cha cha cha: Low kick LF forward (3), step on ball of LF (&), step on RF with weight (4).

START OVER

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