

My September

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner Cha Cha
编舞者: Yo Herry P (INA) - 1 February 2023
音乐: September (ChaChaCha - 31 BPM) - DJ Maksy : (Dancelife DJ's Presents: The Latin Remixes Vol. 2)



Intro: 32 Count - No Tag – No Restart

S1: WALK FORWARD (RIGHT, LEFT), FORWARD ROCK, RECOVER, BACK, WALK BACKWARD (LEFT, RIGHT), LEFT BACK COASTER STEP

1-2 Walk forward R (1), Left (2)
3&4 Rock R forward (3), Recover on L (&), Step R back (4)
5-6 Walk backward L (5), R (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

S2: FORWARD LOCK SHUFFLE (RIGHT, LEFT), PIVOT ¼ LEFT, CROSS SHUFFLE

1&2 Step R forward (1), Lock L behind R (&), Step R forward (2)
3&4 Step L forward (3), Lock R behind L (&), Step L forward (4)
5-6 Step R forward (5), Make ¼ left turn (6)
7&8 Cross R over L (7), Step L to side (&), Cross R over L (8)

S3: SWAY, SWAY, LIFT, LEFT CHASSE, SWAY, HOLD, LIFT, KICK, TOGETHER

1-2& Step L to side&sway left (1), Sway R (2), Lift L knee up (&)
3&4 Step L to side (3), Step R next to L (&), Step L to side (4)
5-6& Sway R (5), Hold (6), Lift L knee up (&)
7-8 Kick L forward (7), Step L next to R (8)

S4: PIVOT ½ LEFT, FORWARD LOCK SHUFFLE, SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE

1-2 Step R forward (1), Make ½ left turn (2)
3&4 Step R forward (3), Lock L behind R (&), Step R forward (4)
5-6 Rock L to side (5), Recover on R (6)
7&8 Step L next to R (7), Step R in place (&), Step L in place (8)

Begin again

For more information about this dance please contact me at: yodancesport@gmail.com