

First Cha (Walker-Rollator)

拍数: 16 墙数: 2 级数: Walker
编舞者: María Lippe (SWE)
音乐: Un Momento Alla - Rick Trevino
 或: Over the Rainbow - Scooter Lee
 或: Something Stupid - Scooter Lee



(Walker modifications provided by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Note Counts '8 &' start a right chasse, ending with Count 1 of next wall.

Side, Rock, Recover

1 Step slightly right to right side (within walker space)
2 Rock forward on left
3 Recover onto right

Left Chasse, Back Rock, Recover

4 Step left to left side (within walker space).
& Close right beside left.
5 Step left to left side (within walker space).
6 Rock right back
7 Recover onto left

Right Forward Shuffle (beginning 1/2 turn right), Step Left, Step Right

8 & 1 (beginning right turn) Step right forward. Close left beside right. Step right forward
2 Step left forward,
3 Step right forward

Left Forward Shuffle (completing 1/2 turn right), Hip Sways, Side, Close

4 & 5 Step left forward. Close right beside left. Step left forward completing half turn right
6 Rock right to right side, swaying hips right
7 Recover onto left, swaying hips left
8 & Step right to right side. Close left beside right (within walker space)
