

# Slow Cha in SF

**COPPER KNOB**  
STEPSHETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: V. Allen L. Isidro (USA) - April 2024  
音乐: Slow Dance - Scotty McCreery



**Note:** Inspired while teaching BHNC (Bernal Heights Neighborhood Center in San Francisco) seniors Lupe (91 yrs old) and Maura (81 yrs old) how to do country shuffle (cha cha)

**Set 1 Rock forward, recover, shuffle in place, rock back, recover, shuffle in place**

1-2, 3&4              Forward L – recover R – shuffle L-R-L

5-6, 7&8              Back R – recover L – shuffle R-L-R

**Set 2 Cross rock, recover, side chasse, cross rock, recover, side chasse**

1-2, 3&4              Cross L over R – recover R – side shuffle L-R-L

5-6, 7&8              Cross R over L – recover L – side shuffle R-L-R

**Set 3 Weave right, left rocking chair**

1-2-3-4              Cross L – side R - behind L – side R

5-6-7-8              Forward L – recover R – back L – recover R

**Set 4 ¼ turning cha-cha box**

1-2, 3&4              ¼ turning side L – together R – forward shuffle L-R-L (3:00)

5-6, 7&8              Side R – together L – coaster shuffle R-L-R

Tag 1-2-3-4              Forward L - together touch R - back R - together touch L (after wall 3 facing 12:00) before restart

**START ALL OVER ON NEW WALL**

**V. ALLEN L. ISIDRO**

**P.O. Box 566, San Bruno CA 94066 \* [ldvali1955@gmail.com](mailto:ldvali1955@gmail.com)**

**Last Update: 23 Apr 2024**

---