

My Soul Cha Cha Cha

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Improver
编舞者: Rex Allott (UK) - April 2024
音乐: My Beauty (feat. Malee) (My Soul Edit) - Beauty Freak



Intro - 36 beats

Danced to - My Beauty (My Soul Edit) by Beauty Freak feat. Malee
Choreographed by - Rex Allott

S1. Step point toes moving back R, L, R, L

- 1-2. Point R toe down, step it back
- 3-4. Point L toe down, step it back
- 5-6. Point R toe down, step it back
- 7-8. Point L toe down, step it back

S2. R lock step fwd, quick R lock step fwd, 1/2 paddle turn R

- 1-2. Step R fwd, lock L behind R
- 3&4. Step R fwd, lock L behind R, step R fwd
- 5-6. Turn 1/4 R stepping L fwd, R next to L
- 7-8. Turn 1/4 R stepping L fwd, R next to L

S3. Cross fwd mambo, cha cha cha L, R

- 1-2. Cross L over R, step R back
- 3&4. Cha cha cha on the spot L, R, L
- 5-6. Cross R over L, step L back
- 7&8. Cha cha cha on the spot R, L, R

S4. 3/4 volta turn L

- 1-8. Step L fwd, step R behind L x 4 making 3/4 turn L

S5. Step R to R, 1/2 turn R, point L out, in, 1/4 turn L x 2

- 1-2. Turning 1/2 R, step R down & bring L around next to R
- 3-4. Point L toe out, in
- 5-6. Turning 1/4 L, step L down, step R next to L
- 7-8. Turning 1/4 L, step L down, step R next to L

S6. Step L to L, 1/2 turn L, point R out, in, 1/4 turn R x 2

- 1-2. Turning 1/2 L, step L down & bring R around next to L
- 3-4. Point R toe out, in
- 5-6. Turning 1/4 R, step R down, step L next to R
- 7-8. Turning 1/4 R, step R down, step L next to R

S7. Point toes out R, L, step fwd, back, triple step

- 1-2. Point R toe diagonally out R, pause
- &3-4. Return R, point L toe diagonally out L, hold
- &5-6. Return L, step fwd R, L
- 7&8. Step R back, step L next to R, step R down

S8. Step back R, L, R lock step fwd, full paddle turn R

- 1-2. Step R back, step L next to R
- 3&4. Step R fwd, lock L behind R, step R fwd
- 5-6. Turning 1/2 R, step L fwd, R next to L
- 7-8. Turning 1/2 R, step L fwd, step R next to L

Tag. After 1st & 3rd S4. & S8. (9 o'clock & 3 o'clock walls) & 4th S8. (12 o'clock wall)

S1. Step fwd R, L back R, L

1-2. Step fwd R, L

3-4. Step back R, L

Finish on S4. with 1/4 volta turn L to face front

Alternative disco version danced to the 'Jude & Frank Remix'

Start after 32 beats & omit all tags.

Last Update: 28 Apr 2024
