

My Simple Cha

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Thomas C. Tam (CAN) - February 2025
音乐: Sway (Mucho Mambo) - Barbados
或: Sway (Cha Cha / 30 BPM) - Ross Mitchell, His Band and Singers



Alternate (slower rhythm): Sway by Ross Mitchell His Band & Singers

Start on the word "start"

CROSS, RECOVER, RIGHT SHUFFLE; CROSS, RECOVER, LEFT SHUFFLE

1-2 Cross R over L, recover on L
3&4 Right side shuffle R, L, R
5-6 Cross L over R, recover on R
7&8 Left side shuffle L, R, L

FORWARD, 1/2 LEFT TURN WITH L LEG HOOK, STEP LOCK STEP; FORWARD, TOUCH, BACK LOCK BACK

1-2 Step R forward, turn ½ left with weight on R lifting L across R (6:00)
3&4 Step L forward, lock R behind L, step L forward
5-6 Step R forward, touch L behind R
7&8 Step L back, lock R in front of L, step L back

BACK, RECOVER, FORWARD, ¼ LEFT TURN, CROSS; SIDE, RECOVER, CROSS SIDE CROSS

1-2 Step R back, recover on L
3&4 Step R forward, turn ¼ left with weight on L, cross R over L (9:00)
5-6 Step L to left, recover on R
7&8 Cross L over R, step R to right, cross L over R

SIDE, RECOVER, CROSS SIDE CROSS; FORWARD, RECOVER, SAILOR, SIDE

1-2 Step R to right, recover on L
3&4 Cross R over L, step L to left, cross R over L
5-6 Step L forward, recover on R
7&8 Step L behind R, step R next to L, step L to left

Restart & Enjoy

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