

La Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate cha cha
编舞者: Steve Rutter (UK)
音乐: La Llama - Chris Ice



STEP FORWARD, FORWARD ROCK, LOCK STEP BACK, BACK ROCK

1 Step forward on right
2-3 Rock forward on left, recover weight back onto right
4&5 Step back on left, lock right in front of left, step back on left
6-7 Rock back on right, recover weight forward onto left

CROSS ROCK, SWEEP, CROSS BEHIND, TOE TOUCH, CROSS ROCK, SWEEP, CROSS BEHIND, ¼ TURN RIGHT

8&1 Cross rock right over left, recover weight back onto left, sweep right around from front to back
2-3 Cross right behind left, touch left toe to left side
4&5 Cross rock left over right, recover weight back onto right, sweep left around from front to back
6-7 Cross left behind right, make a quarter turn right stepping forward on right

TRIPLE ½ TURN RIGHT, BACK ROCK, TRIPLE STEP, BACK ROCK

8&1 Make a half turn right stepping on left, right, left
2-3 Rock back on right, recover weight forward onto left
4&5 Triple step on the spot right, left, right
6-7 Rock back on left, recover weight forward onto right

LOCK STEP FORWARD, FORWARD ROCK, TOE TOUCH, BALL-CROSS, HEEL BOUNCE X3 MAKING ½ TURN RIGHT, STEP BACK, CLOSE

8&1 Step forward on left, lock right behind left, step forward on left
2&3 Rock forward on right, recover weight back onto left, touch right toe beside left
&4 Step weight down onto right, cross left over right
5-7 Bounce heels 3 times making a half turn right
8& Step back on right, close left beside right

When dancing wall 3, restart here. You will be facing 9:00 (left hand side wall) at this point. The step forward at the beginning will make 8&1 into a coaster step, as it will do also when carrying on to section 5

STEP FORWARD, STEP LOCK, LOCK STEP FORWARD, FORWARD ROCK

1 Step forward on right
2-3 Step forward on left, lock right behind left
4&5 Step forward on left, lock right behind left, step forward on left
6-7 Rock forward on right, recover weight back onto left

SHUFFLE 1 ½ TURN RIGHT, FORWARD ROCK, LOCK STEP BACK, STEP BACK, SWEEP ¼ TURN LEFT

8&1 Make a half turn right stepping forward on right, make a half turn right stepping back on left, make a half turn right stepping forward on right (traveling forward)

Option: for dancers who don't like turning too much, you can just triple a half turn here

2-3 Rock forward on left, recover weight back onto right
4&5 Step back on left, lock right in front of left, step back on left
6-7 Step back on right, make a quarter turn left sweeping left foot around from front to back

SAILOR STEP, HIP SWAYS, SAILOR STEP, CROSS BEHIND, ¼ TURN RIGHT

8&1 Cross left behind right, step right to right side (taking weight), replace weight onto left
2-3 Sway hips right, left
4&5 Cross right behind left, step left to left side (taking weight), replace weight onto right

6-7 Cross left behind right, make a quarter turn right stepping forward on right

TRIPLE ½ TURN RIGHT, COASTER STEP, BALL-STEP, STOMP X3, STEP BACK, CLOSE

8&1 Make a half turn right stepping on left, right, left

2&3 Step back on right, close left beside right, step forward on right

&4 Close left beside right, step right forward

5 Stomp left forward with toe turned out and knees slightly bent

6 Stomp right forward with toe turned out, straightening up left foot and with knees slightly bent

7 Stomp left forward with toe turned out, straightening up right foot and with knees slightly bent

8& Step back on right, close left beside right

When beginning dance again this will then turn 8&1 into a coaster step

REPEAT

RESTART

When dancing wall 3 just dance up to the end of section 4 then restart dance, you will be facing left hand side wall (9:00) at this point
