

Lost Island Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Georg Engberg (FIN)
音乐: Island - Eddy Raven



Sequence: AA, BB, AA, BB, BB

PART A

SHUFFLE, PIVOT ½, SHUFFLE, PIVOT ½

1&2 Shuffle forward (right-left-right)
3-4 Step left forward, pivot ½ turn to right
5&6 Shuffle forward (left-right-left)
7-8 Step right forward, pivot ½ turn to left

MAMBO STEPS, SAILOR SHUFFLES

1&2 Rock right onto right foot, rock back on to left, step right foot beside left
3&4 Rock left onto left foot, rock back on to right, step left foot beside right
5&6 Cross step right foot behind left, step left foot to left, step right foot slightly right
7&8 Cross step left foot behind right, step right foot to right, step left foot slightly left

PIVOT ½, SHUFFLE, ¼ STEP TURN, SHUFFLE

1-2 Step right forward, pivot ½ turn to left
3&4 Shuffle forward (right-left-right)
5-6 Step left slightly back, turn ¼ left with weight on both feet (weight ends on right foot)
7&8 Shuffle forward (left-right-left)

ROCK STEP, CHASSE, ROCK STEP, CHASSE

1-2 Rock right across left, recover weight on left
3&4 Shuffle right (right-left-right)
5-6 Rock left behind right, recover weight on right
7&8 Shuffle left (left-right-left)

PART B

SHUFFLE, ROCK STEP, SHUFFLE, ROCK STEP

1&2 Shuffle back (right-left-right)
3-4 Rock step back left, recover weight on right
5&6 Shuffle back (left-right-left)
7-8 Rock step back right, recover weight on left

HIP WALKS FORWARD

1&2 Step right forward while pushing hips to right, push hips to left, push hips to right
3&4 Step left forward while pushing hips to left, push hips to right, push hips to left
5&6 Step right forward while pushing hips to right, push hips to left, push hips to right
7&8 Step left forward while pushing hips to left, push hips to right, push hips to left

POINT, SWEEP, SHUFFLE TURN ¼, CROSS STEP, UNWIND, SHUFFLE

1 Point right toe to right
2 Sweep right to right turning ½ to right (weight ends on right foot)
3&4 Shuffle forward (left-right-left) turning ¼ to right
5 Step right behind left
6 Unwind ½ turn to right (weight ends on right foot)
7&8 Shuffle forward (left-right-left)

STEP, STEP, CHASSE, ROCK STEP, CHASSE

- 1-2 Step right to right, step left behind right
 - 3&4 Shuffle to right (right-left-right)
 - 5-6 Rock left across right, recover weight on right
 - 7&8 Shuffle to left (left-right-left)
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