

Lotsa Cha-Cha

拍数: 48 墙数: 4 级数: Improver
编舞者: Carolyn Buntrock (USA)
音乐: My Maria - Brooks & Dunn



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|-------|--|
| 1-2 | Step right forward, step left forward |
| 3&4 | Cha-cha stepping right, left, right |
| 5-6 | Step left forward, step right forward |
| 7&8 | Cha-cha stepping left, right, left |
| 9-10 | Rock forward on right, rock back on left |
| 11&12 | Cha-cha stepping right, left, right |
| 13-14 | Rock back on left, rock forward on right |
| 15&16 | Cha-cha stepping left, right, left |
| 17-18 | Step forward on right, turn $\frac{1}{2}$ to the left shifting weight to left |
| 19&20 | Cha-cha in place stepping right, left, right |
| 21-22 | Step forward on left, turn $\frac{1}{4}$ to the right shifting weight to right |
| 23&24 | Cha-cha in place stepping left, right, left |
| 25-26 | Rock forward on right, rock back on left |
| 27&28 | Cha-cha in place stepping right, left, right |
| 29-30 | Step forward on left, turn $\frac{1}{2}$ to the right shifting weight to right |
| 31&32 | Cha-cha in place stepping left, right, left |
| 33-34 | Step to right side with right, step left beside right |
| 35-36 | Step to right side with right, step left beside right |
| 37-38 | Step to left side with left, step right beside left |
| 39-40 | Step to left side with left, step right beside left |
| 41&42 | Kick right forward, step on ball of right, step in place on left |
| 43&44 | Kick right forward, step on ball of right, step in place on left |
| 45-46 | Kick right forward, kick right to right side |
| 47&48 | Kick right forward, step on ball of right, step in place on left |

REPEAT
