

Mama Cha Cha

COPPERKNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jolene Pearly Vun (MY)
音乐: Mama Cha-Cha (媽媽恰恰) - Summer Grace (風彩姐妹)



TOUCH, FLICK, CROSS SHUFFLE, SIDE ROCK, RECOVER WEIGHT ONTO RIGHT, BEHIND SIDE, FORWARD

1-2 Touch right beside left, flick right
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, recover weight onto right
7&8 Step left behind right, step right to right, step left forward

ROCK FORWARD, RECOVER, RIGHT CHASSE, ROCK BACKWARD, RECOVER, LEFT CHASSE, RECOVER, LEFT CHASSE

1-2 Rock right forward, recover weight onto left
3&4 Step right to right, step left beside right, step right to right
5-6 Rock left backward, recover weight onto right
7&8 Step left to left, step right beside left, step left to left

ROCK RIGHT WITH ½ TURN RIGHT, RECOVER WITH ½ TURN LEFT, RIGHT CHASSE, ROCK LEFT WITH ½ TURN LEFT, RECOVER WITH ½ TURN RIGHT, LEFT CHASSE

1-2 Rock right to right and ½ turn right (facing 6:00), recover on left and ½ turn left (facing 12:00)
3&4 Step right to right, step left beside right, step right to right
5-6 Rock left to left and ½ turn left (facing 6:00), recover on right and ½ turn right (facing 12:00)
7&8 Step left to left, step right beside left, step left to left

BACK ROCK, RECOVER, ½ TURN SHUFFLE, BACK, RECOVER, SHUFFLE FORWARD

1-2 Rock backward on right, recover weight onto left
3&4 ½ turn left shuffle, right, left, right (facing 6:00)
5-6 Rock back on left, recover weight onto right
7&8 Shuffle forward, left, right, left

SIDE, TOGETHER, RIGHT CHASSE, REVERSE PIVOT ½ TURN LEFT, RIGHT CHASSE

1-2 Step right to right, step left beside right
3&4 Step right to right, step left beside right, step right to right
5-6 Point left backward, making ½ turn left while transferring weight onto left (facing 12:00)
7&8 Step right to right, step left beside right, step right to right

BACK ROCK, RECOVER, SHUFFLE FORWARD, PADDLE WITH ¼ TURN LEFT (TWICE)

1-2 Rock back on left, recover weight onto right
3&4 Shuffle forward, left, right, left
5-6 Step forward on right, recover weight onto left and ¼ turn left (facing 9:00)
7-8 Step forward on right, recover weight onto left and ¼ turn left (facing 6:00)

ROCK ½ TURN LEFT, RECOVER ½ RIGHT, RIGHT CHASSE, ROCK ½ TURN RIGHT, RECOVER ½ TURN LEFT, LEFT CHASSE

1-2 Rock right to right and ½ turn left, recover weight onto left and ½ turn right
3&4 Step right to right, step left beside right, step right to right
5-6 Rock left to left and ½ turn right, recover weight onto right and ½ turn left
7&8 Step left to left, step right beside left, step left to left

BACK ROCK, RECOVER, ¼ TURN RIGHT SHUFFLE, FULL TURN, SHUFFLE FORWARD

1-2 Rock back on right, recover weight onto left
3&4 Step right forward and $\frac{1}{4}$ turn right, step left beside right, step right forward
5-6 Step back on left and $\frac{1}{2}$ turn right, step forward on right and $\frac{1}{2}$ turn right
7&8 Shuffle forward, left, right, left

REPEAT

ENDING

After end of 7th wall

TOUCH, FLICK WITH $\frac{1}{4}$ TURN LEFT, CROSS SHUFFLE, SIDE ROCK, RECOVER, BEHIND, SIDE, FORWARD

1-2 Touch right beside left, flick right and $\frac{1}{4}$ turn left (facing 12:00)
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, recover weight onto right
7&8 Step left behind right, step right to right, step left forward

HIP BUMP RIGHT, HIP BUMP LEFT, CHA-CHA ON THE SPOT

1-2 Rock right to right with hip bump, hold
& Rock left to left with hip bump
3-4 Hold
5-6& Cha-cha on the spot, ending with both knee bending, weight on right, left pointing beside right and head looking skyward
7-8 Hold
