

# M.G. Cha Cha

拍数: 64      墙数: 2      级数:  
编舞者: Ed Lawton (UK)  
音乐: My Girl - Alabama



## ROCK, SHUFFLE, ROCK, SHUFFLE, ¼ TURN LEFT

1-2            Rock forward on left foot, rock back on right foot  
3&4           Left shuffle back  
5-6           Rock back on right foot, rock forward on left foot  
7&8           Right side shuffle, making a ¼ turn left

## CROSS ROCK, SHUFFLE ¼ TURN LEFT, PIVOT ½ TURN LEFT, SHUFFLE

9-10           Left foot cross in front of right, rock back onto right foot  
11&12        Left side shuffle making a ¼ turn left  
13-14        Right foot step forward, pivot ½ turn left  
15&16        Right shuffle forward

## ¼ TURN SWEEP, TRIPLE STEP, ROCK SHUFFLE

17-18        Left foot sweep around in front of right, turning ¼ right on right foot  
19&20        Right foot step back, left foot lock in front of right, right foot step back  
21-22        Rock back on left foot, rock forward on right foot  
23&24        Left shuffle forward

## ½ TURN SWEEP, TRIPLE STEP, ROCK SHUFFLE

25-26        Right foot sweep around in front of left turning ½ left on left foot  
27&28        Left foot step back, right foot lock in front of left, left foot step back  
29-30        Rock back on right foot, rock forward on left foot  
31&32        Right shuffle forward

## POINT, CROSS SHUFFLE, ROCK, CROSS SHUFFLE (REPEAT)

33-34        Left toe point out to left side, hold  
35&36        Left foot cross in front of right, right foot step to right side, left foot cross in front of right foot  
37-38        Right foot rock out to right side, left foot rock back to left side  
39&40        Right foot cross in front of left foot, left foot step to left side, right foot cross in front of left foot  
41-48        Repeat counts 33-40

## ROCK, ¼ TURN (3 TIMES) ROCK, ROCK

49-50        Left foot rock out to left side, right foot rock to right side turning ¼ right  
51-52        Left foot rock out to left side, right foot rock to right side turning ¼ right  
53-54        Left foot rock out to left side, right foot rock to right side turning ¼ right  
55-56        Left foot rock out to left side, right foot rock to right side

## CROSS, POINT, CROSS, POINT, ½ PIVOT TURN, ½ PIVOT TURN

57-58        Left foot cross in front of right, right foot point toe to right side  
59-60        Right foot cross in front of left, left foot point out to left side  
61-62        Left foot step forward, pivot ½ turn right  
63-64        Left foot step forward, pivot ½ turn right

**REPEAT**