

Mu-Cha-Amore

拍数: 40 墙数: 4 级数: Intermediate social cha
编舞者: Bernie Flint (UK)
音乐: More and More - Joe Dolan



ROCK TWICE, CHASSE ¼ LEFT, PIVOT ½, SHUFFLE ½

1-2 Rock left to left side, rock weight back onto right, hitching left knee
3&4 Step left to left side, close right to left, step left ¼ turn left
5-6 Step forward on right, pivot ½ turn left, weight forward onto left foot
7&8 Shuffle ½ turn over left shoulder, stepping right-left-right, (9:00 wall)

ROCK TWICE, CHASSE LEFT, CROSS ROCK, CHASSE RIGHT ¼ TURN RIGHT

1-2 Rock left to left side, rock weight back onto right, hitching left knee
3&4 Step left to left side, close right to left, step left to left
5-6 Cross step right over left, rock weight back onto left
7&8 Step right to right side, close left to right, step right ¼ turn right (12:00 wall)

STEP TOUCH, BACK SHUFFLE ¼ TURN RIGHT, CROSS SIDE SAILOR STEP

1-2 Step forward on left, touch right toe behind left heel
3&4 Shuffle back right-left-right turning ¼ right
5-6 Cross left over right, step right to right side
7&8 Step left behind right, step right beside left, step left beside right (3:00 wall)

CROSS, STEP, STEP, CROSS, STEP, STEP, TOUCH, CHASSE ½ TURN RIGHT

1-2 Cross step right over left, Step back onto left
3&4 Step diagonally back on right, cross step left over right, step back on right
5-6 Step left to left side, touch right toe to left instep
7&8 Chasse right ½ turn right, stepping right-left-right (9:00 wall)

WEAVE LEFT FIGURE OF EIGHT, COMPLETING ½ TURN ON COMPLETION

1-2 Step left to left side, step right behind left,
3-4 Step left ¼ turn left, step forward right pivot ½ turn
5-6 Step forward left turning ¼ left, step right to right side
7-8 Step left behind right, starting to turn right, step right ½ turn right, (weight stays on right, ready to rock to the left to start the dance again,) (3:00)

REPEAT