

My First Cha-Cha

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Stella Cabeza (USA)
音乐: Go West - Brooks & Dunn



TOUCH, HITCH, SHUFFLE BACK; TOUCH HITCH, SHUFFLE BACK

1-2 Touch right toe forward; hitch right knee
3&4 Shuffle back: right, left, right
5-6 Touch left toe forward; hitch left knee
7&8 Shuffle back: left, right, left

ROCK BACK, RECOVER; SHUFFLE FORWARD; ROCK FORWARD RECOVER, SHUFFLE BACK

1-2 Rock step back on right; recover forward on left
3&4 Shuffle forward: right, left, right
5-6 Rock step forward on left; recover back on right
7&8 Shuffle back: left, right, left

STEP RIGHT, TOGETHER, SHUFFLE; STEP LEFT, TOGETHER, SHUFFLE

1-2 Step side right; step left together
3&4 Shuffle to right: right, together, turn $\frac{1}{4}$ right and step on right
5-6 Step side left step right together
7&8 Shuffle to left: left, right, left

CROSS, RECOVER, SHUFFLE; CROSS, RECOVER, SHUFFLE

1-2 Cross rock right over left; recover onto left
3&4 Shuffle to right: right, left, right
5-6 Cross rock left over right; recover onto right
7&8 Shuffle to right: left, right, left

REPEAT
