Old Pueblo Cha Cha (L/P)



拍数: 48 增数: 4 级数: line/partner dance

编舞者: Lana Harvey (USA) 音乐: I Apologize - Neal McCoy



FORWARD ROCKS

Rock straight forward on left foot
Rock back onto right foot
Cha-cha in place left, right, left
Rock straight forward on right foot

6 Rock back onto left foot

7&8 Cha-cha in place right, left, right

1/2 TURN TO THE LEFT, STEP BEHIND, 1/2 TURN TO THE LEFT

9 Step left foot forward making ¼ turn to the left

10 Step right foot forward making another ¼ turn to the left

11&12 Cha-cha in place left, right, left 13 Step right foot behind left foot

14 Step left foot forward making ¼ turn to the left

15&16 Cha-cha in place right, left, right making another ¼ turn to the left

CROSS FRONT, CROSS BEHIND, CROSS BEHIND, CROSS FRONT

17 Cross left over right with body facing 45 degrees to right

18 Step back on right

19&20 Shuffle in place left, right, left

Cross right behind leftStep forward onto left foot

Shuffle in place right, left, right straightening out to front Cross left behind right with body facing 45 degrees left

26 Step forward onto right

27&28 Cha-cha in place left, right, left

Cross right over leftStep back onto left

31&32 Cha-cha in place right, left, right straightening out to front

SHUFFLES WITH ½ TURN TO THE LEFT

33&34 Shuffle forward left, right, left 35&36 Shuffle forward right, left, right

37&38 Shuffle forward left, right, left making a ½ turn to the right

39&40 Shuffle back right, left, right

DOUBLE ROCK BACK, SHUFFLES WITH 1/4 TURN TO THE RIGHT

41 Cross left behind right and rock back on it

42 Rock forward onto right foot

43 Cross left behind right and rock back on it

44 Rock forward onto right foot 45&46 Shuffle forward left, right, left

47&48 Shuffle in place right, left, right making a ¼ turn to the right

REPEAT

PARTNER OPTION:

Regular sweetheart position, side by side, with man's left hand holding ladies left in front. Man's right arm behind lady, right hands joined at lady's shoulder.
Drop left hands. Raise right hands over lady's head. Right hands end up in front of man at end of turn.
Return to sweetheart position, joining left hands at end of turn.
Sweetheart position
Sweetheart position
As you turn, you will be in reverse sweetheart position, left hands joined at lady's left shoulder, right hands joined in front of man.
Maintain reverse sweetheart position
Dropping left hands, man shuffles forward past lady. Lady shuffles in place adjusting slightly backwards if necessary
Raising right hands over head, both make $\frac{1}{4}$ turn to the right and return to sweetheart position