

One Way Cha (P)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Mark Caley (UK) & Jan Caley (UK)
音乐: If I Could Have This Dance - Paul Bailey



Position: Facing each other in Closed Country western Position

MAN'S STEPS

STEP LEFT TO SIDE, ROCK, RECOVER, TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT

1-2-3 Step left to side, right rock back behind left, recover weight to left
4&5 Cha-cha-cha to right (right, left, right)
6-7 Left cross rock diagonally forward, recover weight on right
8&9 Cha-cha-cha to left (left, right, left)

ROCK BACK, RECOVER, TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT

10-11 Right rock back behind left, recover weight to left
On count 10 - man raises his left arm releases right as the lady turns full turn right
12&13 Cha-cha-cha to right (right, left, right)
14-15 Left cross rock diagonally forward, recover weight on right

Keep left hand raised as lady turns left

16&17 Cha-cha-cha to left (left, right, left)

Now facing each other in closed western position

ROCK, RECOVER, RIGHT TRIPLE FORWARD, ROCK, RECOVER, LEFT TRIPLE BACK

18-19 Rock back on right, recover weight to left
20&21 Right cha-cha-cha forward (right, left, right)
22-23 Rock forward on left, recover weight to right
24&25 Left cha-cha-cha back (left, right, left)

STEP RIGHT BACK MAKING ¼ TURN LEFT, SIDE STEP, TRIPLE MAKING ¼ TURN LEFT, ROCK FORWARD, RECOVER, LEFT TRIPLE BACK

26-27 Step back on right making ¼ turn left, left steps to side
Release right hand and raise left. At this point the man will be side on to the lady
28&29 Right cha-cha-cha making a ¼ turn left

The lady will be turning ½ turn right

30-31 Rock forward on left, recover weight to right

Now facing the lady - your left hand holding her right

32&33 Left cha-cha-cha back (left, right, left)

STEP RIGHT BACK MAKING ¼ TURN LEFT, SIDE STEP, TRIPLE MAKING ¼ TURN LEFT, ROCK FORWARD, RECOVER, LEFT TRIPLE BACK

34-35 Step back on right making ¼ turn left, left steps to side
At this point the man will be side on to the lady. Raise left hand again

36&37 Right cha-cha-cha making a ¼ turn left

The lady will be turning ½ turn right

38-39 Rock forward on left, recover weight to right

Now facing each other in closed western position

40&41 Left cha-cha-cha back (left, right, left)

ROCK, RECOVER, RIGHT TRIPLE FORWARD, PIVOT ½ TURN RIGHT, LEFT TRIPLE FORWARD

42-43 Rock back on right, recover weight to left
44&45 Right cha-cha-cha forward (right, left, right)
46-47 Step forward on left, pivot ½ turn right

Release both arms - no arm hold between counts 46-55

48&49 Left cha-cha-cha forward

The lady will be behind the man - following you

PIVOT ½ TURN LEFT, RIGHT TRIPLE FORWARD, ROCK, RECOVER, LEFT TRIPLE BACK

50-51 Step forward on right, pivot ½ turn left

52&53 Right cha-cha-cha forward (right, left, right)

The man will be behind the lady - following her

54-55 Rock forward on left, recover weight to right

The lady will pivot ½ turn at this point

56&57 Left cha-cha-cha back (left, right, left)

Now facing each other in closed western position

ROCK, RECOVER, RIGHT TRIPLE FORWARD, FULL TURN RIGHT, SIDE LEFT TRIPLE

58-59 Rock back on right, recover weight to left

60&61 Right cha-cha-cha forward (right, left, right)

62-63 Left step across right starting to make a full turn right, complete the turn stepping on right

Release arms on turn

64&(1) Cha-cha-cha to left (left, right, left)

Count 1 links end of dance to start

REPEAT

LADY'S STEPS

STEP RIGHT TO SIDE, ROCK, RECOVER, TRIPLE LEFT, ROCK RECOVER, TRIPLE RIGHT

1-2-3 Step right to side, left rock diagonally forward, recover weight to right

4&5 Cha-cha-cha to left (left, right, left)

6-7 Right rock diagonally back, recover weight on left

8&9 Cha-cha-cha to right (right, left, right)

FULL TURN RIGHT, TRIPLE LEFT, FULL TURN LEFT, TRIPLE RIGHT

10-11 Left step across right starting to make full turn right, complete the turn stepping on right

On count 10 - raise your right arm and release left as you turn full turn right

12&13 Cha-cha-cha to left (left, right, left)

14-15 Right step across left starting to make full turn left, complete the turn stepping on left

Keep right hand raised as you turn full turn left

16&17 Cha-cha-cha to right (right, left, right)

Now facing each other in closed western position

ROCK, RECOVER, LEFT TRIPLE BACK, ROCK, RECOVER, RIGHT TRIPLE FORWARD

18-19 Rock forward on left, recover weight to right

20&21 Left cha-cha-cha back (left, right, left)

22-23 Rock back on right, recover weight to left

24&25 Right cha-cha-cha forward (right, left, right)

WALK FORWARD LEFT, RIGHT, TRIPLE ½ TURN RIGHT FORWARD, ROCK BACK, RECOVER, RIGHT TRIPLE FORWARD

26-27 Walk forward left, right

At this point the man will side on to your left side. Raise right arm as you turn under your own arm, release left

28&29 Left cha-cha-cha forward making a ½ turn right

30-31 Rock back on right, recover weight to left

Now facing the man - lady right hand holding his left

32&33 Right cha-cha-cha forward (right, left, right)

WALK FORWARD LEFT, RIGHT, TRIPLE ½ TURN RIGHT FORWARD, ROCK BACK, RECOVER, RIGHT TRIPLE FORWARD

34-35 Walk forward left, right

At this point the man will side on to your left side. Raise right arm again as you turn under your own arm

36&37 Left cha-cha-cha forward making a ½ turn right

38-39 Rock back on right, recover weight to left

Now facing the man in closed western position

40&41 Right cha-cha-cha forward (right, left, right)

ROCK, RECOVER, LEFT TRIPLE BACK, ROCK, RECOVER, RIGHT TRIPLE FORWARD

42-43 Rock forward on left, recover weight to right

44&45 Left cha-cha-cha back (left, right, left)

46-47 Rock back on right, recover weight on left

Release both arms - no arm hold between counts 46-55

48&49 Right cha-cha-cha forward

The lady will be behind the man - following him

PIVOT ½ TURN RIGHT, LEFT TRIPLE FORWARD, PIVOT ½ TURN LEFT, RIGHT TRIPLE FORWARD

50-51 Step forward on left, pivot ½ turn right

52&53 Left cha-cha-cha forward (left, right, left)

The man will be behind the lady - following her

54-55 Step forward on right, pivot ½ turn left

The man will rock recover at this point

56&57 Right cha-cha-cha forward (right, left, right)

Now facing each other in closed western position

ROCK, RECOVER, LEFT TRIPLE BACK, FULL TURN LEFT, SIDE RIGHT TRIPLE

58-59 Rock forward on left, recover weight to right

60&61 Left cha-cha-cha back (left, right, left)

62-63 Right step across left starting to make a full turn left, complete the turn stepping on left

Release arms on turn

64&(1) Cha-cha-cha to right (right, left, right)

Count 1 links end of dance to start

REPEAT
