

Phyllis' Cha-Cha

拍数: 56 墙数: 0 级数:
编舞者: Jerry Casper (USA) & Phyllis Casper (USA)
音乐: Ain't Nothing 'Bout You - Brooks & Dunn



SIDE, TOGETHER, SIDE, TOGETHER, ROCK, RECOVER, CHA-CHA-CHA

1-2 Step right foot to right side, then step left foot beside right
3-4 Step right foot to right side then step left foot beside right
5 Rock back on right foot
6 Recover to left foot
7&8 Cha-cha forward right, left, right

SIDE, TOGETHER, SIDE, TOGETHER, ROCK, RECOVER, CHA-CHA-CHA

1-2 Step left foot to left side, then step right foot beside left
3-4 Step left foot to left side, then step right foot beside left
5 Rock forward on left foot
6 Recover to right foot
7&8 Cha-cha backward left, right, left

ROCK, RECOVER, CHA-CHA-CHA

1-2 Rock right foot backwards, recover weight to left foot
3&4 Cha-cha forward right, left, right

SIDE ROCK, RECOVER, CHA-CHA-CHA IN PLACE

5-6 Side rock to left on left foot, recover (shifting weight) to right foot
7&8 Cha-cha in place (left, right, left)

SIDE ROCK, RECOVER, CHA-CHA-CHA IN PLACE

1-2 Side rock to right on right foot, recover to left foot
3&4 Cha-cha in place (right, left, right)

ROCK RECOVER, CHA-CHA-CHA

5-6 Rock left foot forward, recover (shifts weight) to right foot
7&8 Cha-cha backward (left, right, left)

DIAGONAL ROCK, RECOVER, CHA-CHA-CHA TO SIDE

1-2 Rock right foot backward across left on diagonal (body slightly turned to right), recover (shifts weight) to left foot (12:00)
3&4 Cha-cha to right side (right, left, right).

DIAGONAL ROCK, RECOVER, CHA-CHA-CHA TO SIDE

5-6 Rock left foot backward across right on diagonal (body slightly turned to left), recover (shifts weight) to right (12:00)
7&8 Cha-cha to left side (left, right, left)

DIAGONAL ROCK (NEW YORKER), RECOVER, CHA-CHA-CHA TO SIDE

1-2 Cross right foot across left turning $\frac{1}{4}$ to the left (9:00), recover (shifts weight) to left
3&4 Return to original position, (12:00) $\frac{1}{4}$ turn to the right, as you cha-cha to right side (right, left, right)

DIAGONAL ROCK (NEW YORKER), RECOVER, CHA-CHA-CHA TO SIDE

5-6 Cross left foot across right turning $\frac{1}{4}$ to the right (3:00), recover (shifts weight) to right

7&8 Return to original position, (12:00), $\frac{1}{4}$ turn to the left, as you cha-cha to left side (left, right, left).

DIAGONAL ROCK $\frac{1}{4}$, (SPOT TURN), COMPLETING full turn AS YOU RECOVER, CHA-CHA-CHA TO SIDE

1-2 Cross right foot across left turning $\frac{1}{4}$ to the left (9:00), pivot $\frac{1}{2}$ to left, recover weight to left (3:00)

3&4 Continue turning $\frac{1}{4}$ to the left until completing full turn (12:00), original position, as you cha-cha to right side (right, left, right)

DIAGONAL ROCK $\frac{1}{4}$, (SPOT TURN), COMPLETING full turn AS YOU RECOVER, CHA-CHA-CHA TO SIDE

5-6 Cross left foot across right turning $\frac{1}{4}$ to the right (3:00), pivot $\frac{1}{2}$ to right, recover weight to right (9:00)

7&8 Continue turning $\frac{1}{4}$ to the right until completing full turn (12:00), original position, as you cha-cha to left side (left, right, left).

REPEAT

This dance can be done as a partner dance and line dance at the same time. The man does the opposite while in closed position. See Peek-A-Boo Dance choreographed by us
