

Rocking Cha Cha (Walker)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Wartan Jemian (USA) & Deloris Reynolds
音乐: Un Momento Alla - Rick Trevino



FORWARD AND BACK ROCK AND CHA-CHA

Begin with either foot in either direction. Each of the following steps is taken with alternate feet

- 1 Rock forward with left foot
- 2 Rock back on right foot
- 3 Step in place on left
- & Step in place on right
- 4 Step in place on left
- 5 Rock back with right foot
- 6 Rock forward on left foot
- 7 Step in place on right
- & Step in place on left
- 8 Step in place on right

RIGHT AND LEFT SIDE ROCK AND CHA-CHA

- 1 Rock right on right foot
- 2 Rock back on left foot
- 3&4 Triple step in place, right-left-right
- 5 Rock left on left foot
- 6 Rock back on right foot
- 7&8 Triple step in place, left-right-left

SWAY VINE WITH KICK

- 1 Step right with right foot
- 2 Slide to step left foot beside right
- 3 Kick with right foot
- 4 Step right beside left
- 5-6-7-8-1-2-3-4 Sway vine to left
- 5 Kick with left foot
- 6 Step left beside right
- 7 Step forward with right turning $\frac{1}{4}$ to left
- 8 Slide left foot beside right

REPEAT

Rocking cha-cha can be danced by persons who feel they must use walkers. The tempo and movements are planned to allow easy manipulation of a walker, with or without wheels. Experience indicates that most dancers find the ability to dance without their walkers once they become accustomed to the steps