

7&8 Cha Cha

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kathy King (USA)
音乐: Dance To My Ten Guitar - The Dean Brothers



TWO 1/8 PIVOTS TO LEFT; RIGHT BEHIND LEFT, LEFT TO PLACE; RIGHT SIDE CHA-CHA WITH 1/4 TURN TO RIGHT

1-4 Step right forward and pivot to left 1/2, shift weight to left; repeat
5-6-7&8 Step right behind left, step left to left; right side shuffle, turning 1/4 to right on 8

LEFT FRONT ROCK; LEFT SIDE ROCK; LEFT BACK ROCK; LEFT FORWARD SHUFFLE

1-4 Rock left forward, recover right; rock left to left, recover right
5-6-7&8 Rock left back, recover right; left shuffle forward

RIGHT FRONT ROCK WITH 1/4 TURN TO RIGHT, HOLD; STEP LEFT TO LEFT, TOUCH RIGHT; RIGHT BACK SHUFFLE

1-4 Rock right to front, recover left; turn 1/4 to right, step forward on right, hold on 4; cross left over right for 3&4 - (cross shuffle)
5-6-7&8 Step left to left, touch right to place; left shuffle back (left-right-left)

ROCK BACK LEFT; PIVOT 1/4 TO RIGHT; LEFT TO LEFT, RIGHT BEHIND LEFT; LEFT SIDE SHUFFLE

1-4 Rock back with left, recover right; step forward with left pivoting 1/4 to right, putting weight on right
5-6-7&8 Step left to left, step right behind left; triple in place (left-right-left)

RIGHT VINE WITH HITCH WITH 1/2 TURN TO RIGHT; LEFT VINE WITH TRIPLE

1-4 Right vine with left hitch, turning 1/2 to right
5-6-7&8 Left vine with triple (left-right-left)

CROSS ROCK RIGHT OVER LEFT, TURN 1/4 TO RIGHT AND STEP RIGHT FORWARD, HOLD; CROSS ROCK LEFT OVER RIGHT; LEFT BACK SHUFFLE

1-2-3-4 Cross rock right over left, recover left; turn 1/4 to right and step forward with right, hold 4
5-6-7&8 Cross rock left over right, recover right; left back shuffle (left-right-left)

RIGHT BACK AT 5:00, TOUCH LEFT TO PLACE; LEFT BACK AT 7:00, TOUCH RIGHT TO PLACE; RIGHT BACK AT 5:00, TOUCH LEFT TO PLACE; TRIPLE IN PLACE

1-4 Step right back at 5:00, touch left to place; step left back at 7:00, touch right to place
5-6-7&8 Step right back at 5:00, touch left to place; left triple in place (left-right-left)

STEP FORWARD WITH RIGHT AT 45 DEGREES. ANGLE WHILE BUMPING HIPS FORWARD; SHIFT WEIGHT BACK TO LEFT AND BUMP HIPS BACK; BUMP HIPS FORWARD, BACK, FORWARD; STEP FORWARD WITH LEFT AT 45 DEGREES. ANGLE AND REPEAT HIP BUMPS

1-2-3&4 Step forward with right at 1:00 bumping hips forward; shift weight back on left bumping hips back; bump hips forward, back, forward
5-6-7&8 Step forward with left at 11:00 bumping hips forward; shift weight back on right bumping hips back; bump hips forward, back, forward

REPEAT