

# 6am Cha

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Liam Hrycan (UK)  
音乐: Lola, Lola - Ricky Martin



The reason for the name of this dance is that it was finalized at approx. 6am on 23/5/99! After no sleep and boredom, I came up with the dance!

## RIGHT STEP FORWARD OR HOLD POSITION FROM STEP 32

1                      Step right foot forward (1st wall only)  
For every other wall, hold position (from step 32) for 1 beat

## WALK FORWARD (LEFT,RIGHT), LEFT KICK-BALL STEP RIGHT FORWARD/½ PIVOT LEFT, RIGHT SHUFFLE FORWARD

2-3                      Walk forward, stepping - left, right  
4&5                      Kick left foot forward, step ball of left foot to place beside right step right foot forward  
6                      Pivot a ½ turn left (weight ending on left foot)  
7&8                      Step right foot forward, step left foot to place beside right, step right foot forward  
Steps 7&8 travel slightly diagonally right

## LEFT CROSSING HEEL JACK WITH RIGHT CROSS, LEFT SIDE STEP (¼-RIGHT), TRIPLE STEP (½-RIGHT), LEFT STEP/¼ PIVOT RIGHT

9&                      Step left foot over right, step right foot back  
10&                      Touch left heel diagonally forward (45 degrees left), step left foot to place beside right  
11-12                      Step right foot over left, step left foot to left side a ¼ turn right  
13&14                      Triple step ½ turn right, stepping - right, left, right  
15-16                      Step left foot forward, pivot a ¼ turn right (weight ending on left foot)

## RIGHT COASTER STEP, (&) LEFT STEP TO RIGHT, RIGHT STOMP FORWARD/HOLD, LEFT STEP FORWARD/RIGHT TOUCH BESIDE LEFT

17&18                      Step right foot back, step left foot to place beside right, step right foot forward  
&                      Step left foot to place beside right  
19-20                      Stomp right foot forward, hold position and clap hands  
21-22                      Step left foot forward, touch right toe to place beside left

## SIDE TOE SWITCHES (RIGHT&LEFT)/¼ PIVOT RIGHT, RIGHT COASTER STEP, LEFT STEP FORWARD, RIGHT SHUFFLE FORWARD, LEFT STEP/½ PIVOT RIGHT

23&24                      Touch right toe out to right side, step right foot to place beside left touch left toe out to left side  
25                      Step weight down onto left foot and pivot a ¼ turn right (weight ending on left foot)  
26&27                      Step right foot back, step left foot to place beside right, step right foot forward  
28                      Step left foot forward  
29&30                      Step right foot forward, step left foot to place beside right, step right foot forward  
31-32                      Step left foot forward, pivot a ½ turn right

Weight ending on right foot positioned a stride's width forward of the left foot

REPEAT