

Strictly Cha Cha

拍数: 40 墙数: 0 级数:
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音乐: Chilly Cha Cha - Jessica Jay



ROCK AND CHA-CHA-CHA

1-4 Start partners facing in circle. Ladies facing inwards men outwards. Working to the left
Men rocking forward on right foot (ladies back on left)
Men rocking back onto left foot (ladies onto right foot)
Both do a cha-cha in place (or slightly sideways)

ROCK AND CHA-CHA-CHA

5-8 Men rocking backwards on left foot (ladies forward on right foot)
Men rocking forward onto right foot (ladies backwards on to left)
Both do a cha-cha in place (or slightly sideways)

ROCK BEHIND AND CHA-CHA-CHA

9-12 Men rocking behind with right foot (ladies rocking behind with left)
Men rock back onto left foot (ladies rock back onto right foot)
Both side shuffle men to right (ladies to left)

ROCK BEHIND ¼ TURN AND SHUFFLE FORWARD

13-16 Men rocking behind with left foot (ladies rock behind with right)
Men rock ¼ turn onto right foot (ladies rock ¼ turn onto left foot)
Men shuffle forward with left foot (ladies shuffle right foot)

HEEL HOOK AND SHUFFLE FORWARD

17-20 Men forward with right foot place heel forward (ladies left foot heel forward)
Men hook right in front of left foot and shuffle forward with right foot
Ladies hook left foot in front on right and then shuffle forward left foot

ROCK AND SHUFFLE BACK

21-24 Men rock forward on left foot back onto right (ladies rock forward onto right foot and back onto left)
Men left shuffle back (ladies right shuffle back)

TURN, TURN CROSS SHUFFLE

25-28 Men step right foot over left turning a quarter (ladies left foot over right turning a quarter)
Men turn ¾ taking left foot round (back to line of dance) and then cross shuffle starting with right foot
(Ladies turn ¾ taking right foot round (back to line of dance) and then cross shuffle with left foot)

SIDE ROCK AND CROSS SHUFFLE

29-32 Men rock out left foot, rock back onto right and then cross shuffle with left foot
(Ladies rock out on right foot and back onto left then right cross shuffle)

BACK ROCK, FORWARD SHUFFLE

33-36 Men rock back on right and forward onto left (ladies rock back onto left and forward onto right)
Men right shuffle forward (ladies left shuffle forward)

SIDE TOGETHER, SIDE TOGETHER SIDE

37-40 Men turn quarter to right stepping with left foot and close right to it
(Ladies turn quarter left stepping with right foot and close left to it
Men do side together side (left, right left)
Ladies do side together side (right, left, right)

REPEAT
