

3blah Cha Cha

拍数: 32 墙数: 2 级数: Improver social cha
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音乐: Blah, Blah, Blah Cha Cha - Titus Turner



KNEE POPS

- 1-2 Pop left knee forward as toe is forward, circle knee outside to left side
- 3-4 Start to straighten knee back, step on left
- 5-6 Pop right knee forward as toe is forward, circle knee outside to right side
- 7-8 Start to straighten knee back, step on right

STEP, SLIDE, ROCK STEP, RECOVER, SIDE SHUFFLES

- 9-10 Step left to left side, slide right next to left
- 11&12 Step left to left side, step right next to left, step left to left side
- 13-14 Diagonally rock back on right behind left, recover on left
- 15&16 Step right to right side, step left next to right, step right to right side

CROSS ROCKS, RECOVERS, ¼ TURN TO THE LEFT SHUFFLES, ½ TURN TO THE RIGHT SHUFFLES

- 17-18 Cross rock left over right, recover on right
- 19&20 Step left making ¼ turn to the left, step right back making ¼ turn to the left, step left next to right making ¼ turn to the left
- 21-22 Cross right over left, recover on left
- 23&24 Sway hips while stepping right making ¼ turn to the right, step left making ¼ turn to the right, step right next to left

- 25-26 Cross rock left over right, recover on right
- 27&28 Step left making ¼ turn to the left, step right back making ¼ turn to the left, step left next to right making ¼ turn to the left
- 29-30 Cross right over left, recover on left
- 31&32 Sway hips while stepping right making ¼ turn to the right, step left making ¼ turn to the right, step right next to left

REPEAT
