Time To Cha Cha



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Amanda Harvey-Tench (UK) 音乐: Everything's Changed - Lonestar



SIDE, ROCK BACK, LEFT SHUFFLE FORWARD, ROCK FORWARD, COASTER STEP

Step right foot to right side
Rock back on to left foot
Recover weight on to right

4&5 Step forward on left, step right beside left, step forward on left

Rock forward on right footRecover weight on to left

Step back on right, step left beside right, step forward on right

STEP, PIVOT ½ TURN, ½ TURNING SHUFFLE, ROCK BACK, STEP & POINT

Step forward on leftPivot ½ turn to the right

4&5 Triple step left-right-left making a ½ turn to the right

Rock back on right footRecover weight on to left

Step forward on right foot, step left beside right, point right toe to right side

KNEE BEND, ¼ TURN RIGHT, LEFT SHUFFLE FORWARD, SWEEP INTO A ¼ TURN LEFT, ¾ TURN RIGHT

2 Bend right knee in towards left leg

3 Step into a ¼ turn right

Step forward on left, step right beside left, step forward on left Sweep right foot around in front of left as you turn ¼ to the left

7 Cross right over left

8&1 Step left foot to left side turning a ¼ right, turn ½ to the right stepping on right then left (this

step is a ¾ triple step turning to the right)

WALK, WALK, MAMBO STEP, ROCK BACK, POINT, STEP

Walk forward on right footWalk forward on left foot

4&5 Rock forward on to right, recover weight on to left, step right beside left

Rock back on left footRecover weight on to right

8& Point left toe to left side, step left beside right

REPEAT