

West Side Cha Cha

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Maria Maria - Santana



STEP RIGHT, BALL CHANGE, ROCK STEP, PIVOT ½ TURN LEFT

1&2&3&4& Moving to the right, step ball change, ball change, ball change, ball
5&6 Rock back on right, recover weight to left, step forward right
7-8 Pivot ½ turn left with weight to the left, together with right

CROSS TURN KICK, CROSS BALL CHANGE (TWICE)

1&2 Cross left in front of right, unwind ½ turn with weight to left, kick forward with right
3&4 Cross right in front of left, step left in place, step right foot back in place
5&6 Cross left in front of right, unwind ½ turn with weight to left, kick forward with right
7&8 Cross right in front of left, step left in place, step right foot back in place

2 SHUFFLES, ½ PIVOT RIGHT, ¼ PIVOT RIGHT

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right
5-6 Step forward left, pivot ½ turn right with weight to the right foot
7-8 Step forward with ¼ turn left, touch right next to left (weight is on left)

SAILOR STEP, HIP BUMPS, SAILOR STEP, HIP BUMPS

1&2 Step right behind left, step left in place, step right back next to left
3-4 Move hips left, then right (in a rolling motion)
5&6 Step left behind right, step right in place, step left back next to right
7-8 Move hips right, then left (in a rolling motion)

SWIVEL STEPS FORWARD IN A SKATING MOTION

1-2 Step forward with right angled to right, step forward left angled to left
3&4 Stepping forward right, left, right in a swivel motion
5-6 Step forward with left angled to left, step forward right angled to right
7&8 Stepping forward left, right, left in a swivel motion

CROSS ROCK LEFT, CROSS ROCK RIGHT, PIVOT ½ TURN LEFT, HIP BUMPS

1&2 Cross step right in front of left, rock back on left, step right next to left
3&4 Cross step left in front of right, rock back on right, step left next to right
5&6 Step forward with right, pivot ½ turn left, step right next to left
7-8 Moves hips right, then left (in a rolling motion)

REPEAT
