

Jessica's Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Chris Hookie (USA) - April 1996
音乐: Don't Stop the Dance - Bryan Ferry



- 1 Left foot step forward
- 2 Hook right foot behind the calf of left leg and make a single foot $\frac{1}{2}$ pivot turn to the left
- 3&4 Shuffle step backwards with a right foot lead
- 5 Rock back on left foot
- 6 Rock forward on right foot
- 7&8 Shuffle forward with a left foot lead

- 9 Right foot step forward
- 10 Hook left foot behind the calf of the right leg and make a single foot $\frac{1}{2}$ pivot turn to the left
- 11&12 Shuffle step backwards with a left foot lead

- 13 Rock back on right foot
- 14 Rock forward on left foot
- 15&16 Shuffle forward with a right foot lead
- 17 Step forward with left foot
- 18 Make a sharp $\frac{1}{4}$ turn to the left and bring right foot up next to left knee
- 19&20 Perform a sideward shuffle to the right with a right foot lead

- 21 Rock forward on left foot
- 22 Rock back on right foot
- 23&24 Left foot perform a straight back back-ball-change
- 25 Cross right foot over left foot and make a $\frac{1}{4}$ turn to the left (weight on right foot) ('wind up')
- 26 Elevate left foot next to right foot and make a full full turn spin to the right
- 27&28 Shuffle forward with a left foot lead

- 29 Right foot step forward and make a $\frac{1}{2}$ turn to the left
- 30 Left foot step back and make a $\frac{1}{2}$ turn to the left
- 31&32 Shuffle forward with right foot lead

- 33 Cross left foot directly over right foot with just the toe on the ground
- 34 Bring left heel down
- 35&36 Perform a straight back back-ball-change with a right foot lead
- 37 Rock forward on left foot
- 38 Rock back on right foot
- 39&40 Perform a straight back back-ball-change with a left foot lead

- 41 Cross right foot directly over left foot with just the toe on the ground
- 42 Bring right heel down
- 43&44 Perform a straight back back-ball-change with a left foot lead
- 45 Rock forward on right foot
- 46 Rock back on left foot
- 47&48 Perform a straight back back-ball-change with a right foot lead

- 49 Left foot step forward
- 50 Make a double foot $\frac{1}{2}$ pivot turn to the right

- 51&52 Continue turning to the right $\frac{3}{4}$ of a turn on the cha-cha-cha (for a total of $1\frac{1}{4}$ turns to the right)
- 53 Rock back on right foot - twisting slightly to the right ('wind up')
- 54 Step forward on left foot and begin to turn to the left
- 55&56 Make a three step $\frac{1}{2}$ turn to the left with a right foot lead on the cha-cha-cha
- 57 Kick left foot forward and begin a $\frac{1}{4}$ turn to the left
- 58 Kick left foot to the side and finish $\frac{1}{4}$ turn to the left
- 59&60 Left foot performs a cross back-ball-change
- 61 Kick right foot forward and begin a $\frac{1}{4}$ turn to the right
- 62 Kick right foot to the side and finish $\frac{1}{4}$ to the right
- 63&64 Right foot performs a cross back-ball-change

REPEAT
