

J's Cha-Cha

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Bob Ferrone
音乐: Boomerang Love - Jimmy Buffett



BASIC CHA-CHA PATTERN WITH SYNCOPATED CHA-CHA STEPS

- 1 Left foot step forward, weight shifts to left foot-right heel lifts, right toe stays in position but may lift slightly
- 2 Right foot step in place, weight rocks back on the right foot
- 3-4 Left foot step to close to right foot, right foot step in place, left foot step in place

- 5 Right foot step backward, weight shifts to the right foot-left heel lifts, left toe stays in position but may lift slightly
- 6 Left foot step in place, weight rocks forward on the left foot
- 7-8 Right foot step to close to left foot, left foot step in place, right foot step in place

FULL TURN WITH SYNCOPATED CHA-CHA STEPS

- 9 Left foot step forward, weight shifts to both right and left toes-right heel lifts slightly, pivot on toes ½ turn to the right
- 10 Right toe stays in place, weight stays on the right foot and left foot step forward, weight shifts to both right and left toes-right heel lifts slightly, pivot on toes ½ turn to the right
- 11-12 Left foot step to close to right foot, right foot step in place, left foot step in place

- 13 Right foot step backward, weight shifts to the right foot-left heel lifts, left toe stays in position but may lift slightly
- 14 Left foot step in place, weight rocks forward on the left foot
- 15-16 Right foot step to close to left foot, left foot step in place, right foot step in place

SLIDE STEP LEFT WITH SYNCOPATED CHA-CHA STEPS

- 17 Left foot step left
- 18 Right foot slides left to close to the left foot
- 19-20 Left foot step in place, right foot step in place, left foot step in place

SLIDE STEP RIGHT WITH SYNCOPATED CHA-CHA STEPS

- 21 Right foot step right
- 22 Left foot slides to right to close to the right foot
- 23-24 Right foot step in place, left foot step in place, right foot step in place

MODIFIED VINE TO THE LEFT WITH SYNCOPATED CHA-CHA STEPS

- 25 Left foot step left
- 26 Right foot step behind left leg to the left
- 27-28 Left foot step left, right foot close to left foot, left foot step in place

MODIFIED VINE TO THE RIGHT WITH SYNCOPATED CHA-CHA STEPS

- 29 Right foot step right
- 30 Left foot step behind right foot to the right
- 31-32 Right foot step right, left foot close to right foot, right foot step in place

LEFT HEEL AND SYNCOPATED RIGHT POINT BALL CHANGE

- 33 Left heel touch forward and slightly to the left
- 34 Left foot close to right foot

35-36 Right toe points diagonally to the front and right-remaining slightly off the floor and then ball of right foot closes to left foot and then the left foot steps in place

RIGHT HEEL AND SYNCOPATED LEFT POINT BALL CHANGE

37 Right heel touch forward and slightly to the right

38 Right foot close to left foot

39-40 Left toe points diagonally to the front and left-remaining slightly off the floor and then ball of left foot closes to right foot and then the right foot steps in place

For style, a toe touch forward may be used instead of heel touch in Counts 33 and 37.

MODIFIED JAZZ BOX TO THE RIGHT WITH SYNCOPATED CHA-CHA STEPS

41 Left foot step in front of right leg to the right

42 Right foot step backward

43-44 Left foot step to close to right foot, right foot step in place, left foot step in place

MODIFIED JAZZ BOX TO THE LEFT WITH SYNCOPATED CHA-CHA STEPS

45 Right foot step in front of left leg to the left

46 Left foot step backward

47-48 Right foot step to close to left foot, left foot step in place, right foot step in place

LEFT SIDE PIVOTS WITH SYNCOPATED CHA-CHA STEPS

49 Left foot step $\frac{1}{4}$ turn to the left; weight shifts to the left foot-right heel lifts; right toe stays in position, but may pivot slightly to the left

50 Right foot step in original position, weight rocks back on the right foot

51-52 Left foot step to close to right foot, right foot step in place, left foot step in place

RIGHT SIDE PIVOTS WITH SYNCOPATED CHA-CHA STEPS

53 Right foot step $\frac{1}{4}$ turn to the right; weight shifts to the right foot-left heel lifts; left toe stays in position, but may pivot slightly to the right

54 Left foot step in original position, weight rocks backward on the left foot

55-56 Right foot step to close to left foot, left foot step in place, right foot step in place

MODIFIED VINE TO THE LEFT WITH SYNCOPATED CHA-CHA STEPS

57 Left foot step left

58 Right foot step behind left leg to the left

59-60 Left foot step left, right foot close to left foot, left foot step in place

MODIFIED VINE TO THE RIGHT WITH SYNCOPATED CHA-CHA STEPS

61 Right foot step right

62 Left foot step behind right leg to the right

63-64 Right foot right, left foot close to right foot, right foot step in place

REPEAT

On all repeats substitute the following Count 1:

1 Left foot step $\frac{1}{4}$ turn to the left
