

Hudson Valley Cha Cha (P)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 0 级数: Intermediate Partner
编舞者: Dan Albro (USA)
音乐: Man to Man - Gary Allan



Position: Starts in closed social position

MAN'S FOOTWORK

ROCK FORWARD, REPLACE, SHUFFLE BACK, ¼ TURN, CROSSOVER, SHUFFLE SIDE

1-2-3&4 Rock forward left, replace weight on right, shuffle back left-right-left
5-6-7&8 Turn ¼ turn right stepping back on right, cross left over right, shuffle side right-left-right
Hands: on count 5 bring left hand over lady's head, on 7&8 catch lady with right hand behind her back

CROSS ROCK, REPLACE, SHUFFLE SIDE, ROCK, REPLACE, ½ TURN CHA-CHA-CHANGING SIDES

1-2-3&4 Cross rock left behind right, replace weight on right, shuffle side left-right-left
5-6-7&8 Cross rock right behind left, replace weight on left, change sides turning ½ turn left shuffling right-left-right

Hands: on count 5 catch lady with left hand behind her back, on 6 lift right hand up sending lady under right arm to other side

ROCK BACK, REPLACE, SHUFFLE, SIDE, TOGETHER, CHA-CHA-CHA

1-2-3&4 Rock back left, replace weight on right, shuffle LOD left-right-left
5-6-7&8 Face partner stepping side right, step left next to right, shuffle side right-left-right
Hands: on count 1 pick up lady's right hand in your left hand, on 3&4 turn the lady bringing your left hand over her head, on 5 partners are in closed position, man facing center of the dance floor, lady facing outside

WEAVE OVER, SIDE, BEHIND, SIDE, ¼ TURN RIGHT SHUFFLING LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT

1-2-3-4 Cross left over right, step side right, cross left behind right, step side right doing a ¼ turn right
5&6-7&8 Shuffle forward left, right, left, shuffle forward right, left, right
Hands: on count 5&6 bring left hand over lady's head leading her in front to closed position

REPEAT

LADY'S FOOTWORK

ROCK BACK RIGHT, REPLACE, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, FULL TURN RIGHT, SHUFFLE SIDE LEFT-RIGHT-LEFT

1-2-3&4 Rock back right, replace left, shuffle forward right-left-right
5-6-7&8 Turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right, turn ¼ turn right and shuffle side left-right-left

CROSS ROCK, REPLACE, SHUFFLE SIDE, CROSS ROCK, REPLACE, SHUFFLE CHANGING SIDES

1-2-3&4 Cross rock right behind left, replace on left, shuffle side right-left-right
5-6-7&8 Cross rock left behind right, replace on right, shuffle side left-right-left changing sides turning ½ turn right

Hands: on count 1,2 left hand behind gentleman, on count 5&6 right hand behind gentleman, on 7&8 lady slides right hand down man's left arm to pick up hand

ROCK REPLACE, TRIPLE FULL TURN, SIDE, TOGETHER, SHUFFLE SIDE LEFT

1-2-3&4 Rock back on right, replace left, turn a full turn left traveling LOD stepping right-left-right
5-6-7&8 Step side left, step right next to left, shuffle side left-right-left
Hands: on 3&4 go under mans left arm, on 5,6 closed position facing outside line of dance

WEAVE LEFT, ¼ TURN RIGHT, TWO SHUFFLES DOING A FULL TURN RIGHT

1-2-3-4 Cross right behind left, step side left, cross right over left, turn ¼ turn right while stepping back left

5&6-7&8 Traveling LOD - complete a full turn right shuffling right, left, right left, right, left

REPEAT
