

He & She Cha Cha (P)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 0 级数: Partner
编舞者: Keith Garnett (WLS)
音乐: She (Who Must Be Obeyed) - Dave Sheriff



Position: Open, facing LOD - man's right hand holding lady's left hand

This dance is dedicated to all our Partner Dancers at Welsh Fargo who will now appreciate having to do both the lady's and man's steps in the same dance

Man's steps shown. Lady's steps mirror image except for steps 29 & 30

- 1-2 Touch left heel forward, touch left toe back
3&4 Cha-cha-cha forward (left, right, left)
5 Step forward on right foot (extend inside arms forward at chest height)
6 Rock back on left foot
7&8 Cha-cha-cha ½ right to face RLOD (right, left, right) drop right and pick up lady's right hand in man's left hand
9 Step forward on left foot (extend inside arms forward at chest height)
10 Rock back on right foot
11&12 Cha-cha-cha half turn left to face LOD (left, right, left) drop left and pick up lady's left hand in man's right hand)
13 Step forward on right foot (extend inside arms forward then drop hands for step 14)
14 Pivot half turn left shifting weight to left foot, cha-cha-cha ¼ turn left to (pick up both hands - man's left)
15&16 Face OLOD (right, left, right) to ladies right, man's right to lady's left)
Extend both arms - man's left pointing down at 45 degrees, man's right pointing up at 45 degrees on step 17
17 Pivot quarter turn to left on right foot to face LOD and touch left heel forward
18 Hook left leg across in front of right
19&20 Cha-cha-cha forward towards LOD (left, right, left)
Keep arms extended - man's right pointing down at 45 degrees man's left pointing up at 45 degrees on step 20)
21 Pivot half turn to right on left foot to face RLOD and touch right heel forward
22 Hook right leg across in front of left
23&24 Cha-cha-cha on the spot turning a quarter left to face OLOD (right, left, right)
Bring arm back to waist level - still holding both hands
25 Step left foot to side
26 Cross right foot behind left and step
27&28 Cha-cha-cha in place (left, right, left) (gent drops right hand and raises left arm)
29&30 Shuffle forward diagonally under upraised arm to outside position (right, left, right)
Lady shuffles behind the man on these steps to inside position - still on opposite feet
31&32 Shuffle forward in LOD (left-right-left)
At this point man is on outside facing LOD holding ladies right hand in his left while lady is on inside facing LOD

33-64 Repeat steps 1-32 with the lady taking the man's part and vice-versa

REPEAT

Extra styling note: on steps 5, 9 and 13 raise outside arms chest height bent at the elbow, hands pointing forward