

Essential Cha

拍数: 36 墙数: 4 级数: Improver social cha
编舞者: Steve Rutter (UK)
音乐: The Riddle - Nik Kershaw



SIDE ROCK, CROSS BEHIND, SIDE STEP, CROSS, SIDE ROCK, CROSS BEHIND, SIDE STEP, CROSS

1-2 Rock right to side, recover onto left
3&4 Cross right behind left, step left to side, cross right over left
5-6 Rock left to side, recover onto right
7&8 Cross left behind right, step right to side, cross left over right

FORWARD ROCK, COASTER STEP, STEP FORWARD, ½ TURN RIGHT, STEP FORWARD, ½ TURN RIGHT

9-10 Rock right forward, recover onto left
11&12 Step right back, step left beside right, step right forward
13-14 Step left forward, turn ½ right (weight to right)
15-16 Step left forward, turn ½ right (weight to right)

SIDE STEP, HEEL & TOE SWIVELS, BACK ROCK, CHASSE WITH ¼ TURN RIGHT

17-18 Step left to side, swivel right heel in
19-20 Swivel right toe in, swivel right heel in
21-22 Rock right back, recover onto left
23-24 Step right to side, step left beside right, turn ¼ right and step right forward

¼ TURN RIGHT, HEEL & TOE SWIVELS, BACK ROCK, STEP FORWARD, ¼ LEFT, CROSS

25-26 Turn ¼ right and step left to side, swivel right heel in
27-28 Swivel right toe in, swivel right heel in
29-30 Rock right back, recover onto left
31&32 Step right forward, turn ¼ left (weight to left), cross right over left

SIDE STEP, HEEL TAPS

33 Step left to side
34-36 Swivel right heel in and tap right heel 3 times

REPEAT
