

Double Down Cha Cha

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Everything About You - Frazier River



ROCK FORWARD, BACK, SHUFFLE WITH ½ TURN, REPEAT

- 1 Rock forward on left foot
- 2 Rock back on right foot
- 3&4 Shuffle left, right, left, making ½ turn left
- 5 Rock forward on right foot
- 6 Rock back on left foot
- 7&8 Shuffle right, left, right, making ½ turn right

SHUFFLE, SHUFFLE, ROCK FORWARD, BACK, SHUFFLE BACK

- 9&10 Shuffle forward left, right, left
- 11&12 Shuffle forward right, left, right
- 13 Rock forward on left foot
- 14 Rock back on right foot
- 15&16 Shuffle back left, right, left

HIP LUNGE, TRIPLE STEP, HIP LUNGE, TRIPLE STEP

- 17 Right foot step to right side pushing hips to the right
- 18 Lunge back left putting weight on left foot
- 19&20 Triple step in place right, left, right
- 21 Left foot step to left side pushing hips to the left
- 22 Lunge back right putting weight on right foot
- 23&24 Triple step in place left, right, left

½ MONTEREY TURN, TOE-HEEL STRUTS, KICK-BALL-CHANGE

- 25 Right foot step to right side
- 26 Right foot step beside left foot after making ½ turn right
- 27 Left foot touch to left side
- 28 Step left foot next to right foot
- 29 Step forward on right toe
- 30 Step down on right heel
- 31 Step forward on left toe
- 32 Step down on right heel
- 33&34 Kick right foot forward and step weight on ball of right foot, step weight on left foot

½ MONTEREY TURN, TOE-HEEL STRUTS, KICK-BALL-CHANGE

- 35 Right foot step to right side
- 36 Right foot step beside left foot after making ½ turn right
- 37 Left foot touch to left side
- 38 Step left foot next to right foot
- 39 Step forward on right toe
- 40 Step down on right heel
- 41 Step forward on left toe
- 42 Step down on right heel
- 43&44 Kick right foot forward and step weight on ball of right foot, step weight on left foot

SHUFFLE, SHUFFLE, STEP, PIVOT, SHUFFLE, SHUFFLE, STEP PIVOT

45&46 Shuffle forward right, left, right
47&48 Shuffle forward left, right, left
49 Step right foot forward
50 Pivot $\frac{1}{2}$ turn left
51&52 Shuffle forward right, left, right
53&54 Shuffle forward left, right, left
55 Step right foot forward
56 Pivot $\frac{1}{2}$ turn left

GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT WITH $\frac{1}{4}$ TURN, STOMP

57 Step right foot to right side
58 Cross left foot behind right foot
59 Step right foot to right side
60 Touch left foot next to right foot
61 Step left foot to left side
62 Cross right foot behind left foot
63 Step left foot to left making $\frac{1}{4}$ turn left
64 Stomp (weight) right foot beside left foot

REPEAT
