

# Double Down Cha Cha

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Barbara Jagusch (USA)  
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**

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