

# Doug & Jackie's Cha Cha (L/P)

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Improver line/partner dance  
编舞者: Doug Miranda (USA) & Jackie Snyder (USA)  
音乐: It's Alright - Trisha Yearwood



## LADY'S STEPS AND LINE DANCE STEPS

### ROCK, RECOVER, SHUFFLE FORWARD; ROCK BACK, RECOVER SHUFFLE BACK

1-2            Rock back onto right, rock forward on left  
3&4            Shuffle forward right, left, right  
5-6            Rock forward on left, rock back on right  
7&8            Shuffle back left, right, left

### CROSS ROCK, RECOVER, CHA-CHA IN PLACE; CROSS ROCK, RECOVER, CHA-CHA IN PLACE

1-2            Cross rock right over left, rock back onto left  
3&4            Triple right, left, right in place  
5-6            Cross rock left over right, rock back onto right  
7&8            Triple left, right, left in place

### ¼ TURN RIGHT, ROCK BEHIND, RECOVER, SIDE SHUFFLES, ¼ TURN LEFT, ROCK BEHIND, RECOVER, SIDE SHUFFLES

1-2            While bringing right behind left turn ¼ right, recover onto left turning ¼ left  
3&4            Shuffle to right side right, left, right  
5-6            While bringing left behind right turn ¼ left, recover weight onto right turning ¼ right  
7&8            Shuffle to left side left, right, left

### SWAY BACK, SWAY FORWARD, SWAY BACK AND FORWARD, TRIPLE FORWARD

1-2            Step back right and sway back  
3-4            Sway forward onto left  
5-6            Step back right and sway back, sway forward onto left  
7&8            Triple forward right, left, right

### SWAY FORWARD, SWAY BACK, SWAY FORWARD AND BACK, TRIPLE BACK

1-2            Step forward left and sway forward  
3-4            Sway back onto right  
5-6            Step forward left and sway forward, sway back onto right  
7&8            Triple back left, right, left

### ROCK, RECOVER, TRIPLE FORWARD, ½ TURN RIGHT; TRIPLE BACK

1-2            Rock back onto right, rock forward onto left  
3&4            Triple forward right, left, right  
5-6            Turn ½ on right foot as you step on left, step back onto right  
7&8            Triple back left, right, left

## REPEAT

## MAN'S STEPS

### ROCK, RECOVER, SHUFFLE BACK; ROCK, RECOVER SHUFFLE FORWARD

1-2            Rock forward onto left, rock back onto right  
3&4            Shuffle back left, right, left  
5-6            Rock back on right, rock forward on left  
7&8            Shuffle forward right, left, right

**CROSS ROCK, RECOVER, CHA-CHA IN PLACE; CROSS ROCK, RECOVER, CHA-CHA IN PLACE**

- 1-2 Cross rock left over right, rock back onto right
- 3&4 Triple left, right, left in place
- 5-6 Cross rock right over left, rock back onto left
- 7&8 Triple right, left, right in place

**¼ TURN LEFT, ROCK BEHIND, RECOVER, SIDE SHUFFLES, ¼ TURN RIGHT, ROCK BEHIND, RECOVER, SIDE SHUFFLES**

- 1-2 While bringing left behind right turn ¼ left, recover onto right turning ¼ right
- 3&4 Shuffle to left side left, right, left
- 5-6 While bringing right behind left turn ¼ right, recover weight onto left turning ¼ left
- 7&8 Shuffle to right side right, left, right

**SWAY FORWARD, SWAY BACK, SWAY FORWARD AND BACK, WALK BACK ½ TURN LEFT**

- 1-2 Step forward left and sway forward
- 3-4 Sway back onto right
- 5-6 Step forward left and sway forward, sway back onto right
- 7-8 Step left into ¼ turn left, step right forward into ¼ turn left (you have now completed a ½ turn left)

**SWAY FORWARD, SWAY BACK, SWAY FORWARD AND BACK, WALK BACK ½ TURN LEFT**

- 1-2 Step forward left and sway forward
- 3-4 Sway back onto right
- 5-6 Step forward left and sway forward, sway back onto right
- 7-8 Step left into ¼ turn left, step right forward into ¼ turn left (you have now completed ½ turn left)

**ROCK, RECOVER, ¼ TURN TRIPLE LEFT, ¼ TURN LEFT, TRIPLE FORWARD**

- 1-2 Rock forward onto left, rock back onto right
- 3&4 Turn ¼ turn left as you triple left, right, left
- 5-6 Step right into ¼ turn left, step left next to right
- 7&8 Triple forward right, left, right

**REPEAT**

---