Conrado Cha Cha

拍数: 32

级数: Intermediate cha cha

编舞者: Rob "I" Ingenthron (USA)

音乐: I Just Want to Dance With You - George Strait

CHA-CHA BREAK-SIDE BACK FORWARD

1-3 Left foot step to left side, rock back on right, replace weight to left (forward onto left)

CHA-CHA SWIVELS-RIGHT LEFT RIGHT LEFT

- 4-5 Right step to right with toes pointing diagonally to right, left step to left with toes pointing diagonally to left
- 6-7 Right step to right with toes pointing diagonally to right, left step to left with toes pointing diagonally to left

Upper body stays facing mostly forward during these swivels. When doing each step, bring the free foot next to the weighted foot so that both feet are pointing forward before stepping down to get an exaggerated swivel action. It should be just like swivels in couples cha-cha where the couple is holding hands facing each other. Also, like a "skaters" movement in other line dances.

CHA-CHA, PIVOT-CHA-CHA-CHA STEP PIVOT

8&1 Right step side to right, left step next to right (close), right step 1/4 turn to right

Optional: Full right turn to right on counts 8&, then 1/4 turn onto right on count 1. This fits the lyrics "...twirl you all around the floor..." in the George Strait song.

Left step forward, pivot 1/2 turn to right onto right foot 2-3

CHA-CHA'S (SHUFFLES FORWARD)-SHUFFLE SHUFFLE SHUFFLE

- 4&5 Left step forward, right step forward (locking behind left foot), left step forward
- 6&7 Right step forward, left step forward (locking behind right foot), right step forward
- 8&1 Left step forward, right step forward (locking behind left foot), left step forward

MAMBO STEPS-ROCK STEP TOGETHER ROCK STEP TOGETHER

- 2&3 Right small step forward, step left in place, step right next to left foot (like a small, syncopated rock step)
- 4&5 Left small step backward, step right in place, step left next to right foot

STEP PIVOT, CHA-CHA (SHUFFLE)-STEP PIVOT SHUFFLE

- 6-7 Step forward onto right foot, pivot 1/2 turn to left onto left foot
- 8&1 Right step forward, left step forward (locking behind right foot), right step forward

POINT, POINT, SAILOR SHUFFLE

- 2-3 Touch left toe forward on the floor, touch left toe to left side on the floor
- 4&5 Sailor shuffle: cross left foot behind right foot and step on left, step right in place, step left next to right foot

LOCK STEPS FORWARD-STEP LOCK STEP LOCK STEP

6&7&8 Right step forward, left step forward (locking behind right foot), right step forward, left step forward (locking behind right), right step forward

Stay on the balls of the feet, and try swiveling the hips a little for extra "latin-esque" styling. This is a move that is intended to emulate Yvonne Gutsch doing Cha-cha.

REPEAT

If done to "I Just Want to Dance with You", the dance will end on the first mambo step pattern. Also, this dance "breaks" on count 2 (or count 6). It's timing is based on "freestyle" Cha-cha.





墙数:4