

Clearwater Casino Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jim Seeley
音乐: Listen To Your Woman - Steve Kolander



ROCK STEP, TURN, TRIPLE STEP

- 1 Step forward on left.
- 2 Rock back onto right foot in place making a ½ turn to the left.
- 3&4 Triple step moving forward. (left-right-left)
- 5 Step forward on right foot.
- 6 Rock back onto left foot in place making a ½ turn to the right.
- 7&8 Triple step moving forward. (right-left-right)

TRIPLE STEP VINES

- 9 Step to left side on left
- & Step together with right
- 10 Step to left side with left foot
- & Pivot ½ turn to left on ball of left foot
- 11 Step to right side with right foot.
- & Step together with left.
- 12 Step to right side with right foot.

ROCK STEP, TURN, TRIPLE STEP

- 13 Step forward on left.
- 14 Rock back onto right foot in place making a ½ turn to the left.
- 15&16 Triple step moving forward. (left-right-left)
- 17 Step forward on right foot.
- 18 Rock back onto left foot in place making a ½ turn to the right.
- 19&20 Triple step moving forward. (right-left-right)

TRIPLE STEP VINES

- 21 Step to left side on left.
- & Step together with right.
- 22 Step to left side with left foot.
- & Pivot ½ turn to left on ball of left foot.
- 23 Step to right side with right foot.
- & Step together with left.
- 24 Step to right side with right foot.

MILITARY PIVOTS, TRIPLE STEPS

- 25 Step forward on left foot.
- 26 Pivot ½ turn to the right on ball of left foot and shift weight onto right
- 27&28 Triple step forward. (left-right-left)
- 29 Step forward on right foot.
- 30 Pivot ½ turn to the left on the ball of right foot and shift weight to left.
- 31&32 Triple step forward . (right-left-right)

¼ TURN, HOLD, ½ TURN, HOLD

- 33 Pivot ¼ turn to left on ball of right foot, stepping forward with left foot.
- 34 Hold position.
- 35 Pivot ½ turn left on ball of left foot, stepping back with right foot.

36 Hold position.

BACK, FORWARD, TRIPLE STEP

37 Step back with left foot.
38 Rock forward onto right foot.
39&40 Triple step slightly forward. (left-right-left)

FORWARD HOLD, ½ TURN, HOLD

41 Step forward with right foot.
42 Hold position.
43 Pivot ½ turn right on ball of right foot, stepping back with left
44 Hold position.

BACK, FORWARD, TRIPLE STEP

45 Step back with right foot.
46 Rock forward onto left foot.
47&48 Triple step slightly forward. (right-left-right)

TOUCH, HOLD, TRIPLE BACK

49 Touch left to left side.
50 Hold.
51&52 Triple back left, right, left.(left-right-left)
53 Touch right to right side.
54 Hold.
55&56 Triple back right, left, right. (right-left-right)

TOE, SHIMMY, DOWN, TOE, SHIMMY, DOWN

57 Step forward onto ball of left making a slight turn right .
& Left hip shimmy and dip left heel at the same time.
58 Step weight onto left foot.
59 Step forward onto ball of right making a slight turn left.
& Right hip shimmy and dip right heel at the same time.
60 Step weight onto right foot.

TOE, DOWN, TOE, DOWN

61 Step forward onto ball of left foot making a slight turn right.
62 Left heel down.
63 Step forward onto ball of right foot making a slight turn left.
64 Right heel down.

REPEAT
