

Cha Cha Cha

拍数: 80 墙数: 4 级数: Intermediate
编舞者: Ellie Lou (UK)
音乐: Cripple Creek (feat. Knee Deep) - Jim Rast



Sequence: 32, 80, 64, 80, 24

CROSS ROCK FORWARD RIGHT, CHASSE RIGHT, CROSS ROCK FORWARD LEFT, CHASSE ¼ TURN LEFT

1-2 Cross rock forward on right, rock back onto left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock forward on left, rock back onto right
7&8 Step left to left side, close right beside left, step left to left side making ¼ turn left

WALK RIGHT WALK LEFT, COASTER STEP FORWARD RIGHT, STEP BACK LEFT RIGHT, COASTER STEP LEFT

1-2 Step forward right, step forward left
3&4 Step forward right, step left beside right, step back right
5-6 Step back left, step back right
7&8 Step back left, step right beside left, step forward left

RIGHT HEEL, RIGHT TOE, RIGHT HEEL, RIGHT TOE STEP, LEFT HEEL, LEFT TOE, LEFT HEEL, LEFT TOE STEP

1-2 Touch right heel forward, touch right toe back
3&4 Touch right heel forward, right toe back, step right in place
5-6 Touch left heel forward, touch left toe back
7&8 Touch left heel forward, left toe back, step left in place

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT

1&2 Step forward right, close left beside right, step forward right
3&4 Step forward left, close right beside left, step forward left
5&6 Step back right, close left beside right, step back right
7&8 Step back left, close right beside left, step back left

RIGHT TOE, RIGHT HEEL, CHA-CHA-CHA, LEFT TOE, LEFT HEEL, CHA-CHA-CHA

1-2 Touch right toe, touch right heel
3&4 Cha-cha-cha, (stepping right left right) in place
5-6 Touch left toe, touch left heel
7&8 Cha-cha-cha, (stepping left right left) in place

KICK FORWARD RIGHT TWICE, COASTER STEP RIGHT, KICK FORWARD LEFT TWICE, COASTER STEP LEFT

1-2 Kick forward right, kick forward right
3&4 Step back right, step left beside right, step forward right
5-6 Kick forward left, kick forward left
7&8 Step back left, step right beside left, step forward left

TAKING SMALL STEPS, RIGHT LEFT RIGHT, LEFT RIGHT LEFT, RIGHT LEFT RIGHT, LEFT RIGHT LEFT

1&2 Angle body to right, stepping right left right
3&4 Angle body to left, stepping left right left

5&6 Angle body to right, stepping right left right
7&8 Angle body to left, stepping left right left

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-4 Step right to right side, cross left behind right, step right to right side touch left
5-8 Step left to left side, cross right behind left, step left to left side touch right

JAZZ BOX ¼ RIGHT HITCH, JAZZ ¼ TURN LEFT

1-4 Cross right over left, step back on left, step right ¼ turn right, hitch left beside right
5-8 Cross left over right, step back on right, step left to left side, close right beside left

APPLE JACKS LEFT, APPLE JACKS RIGHT, TWICE

&1&2 Taking weight onto left heel and right toe swivel left toe and right heel to left side, return feet to center
&3&4 Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to center
&5&6 Taking weight onto left heel and right toe swivel left toe and right heel to left side, return feet to center
&7&8 Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to center

Applejacks can be replaced with swivels

REPEAT

RESTART

On wall 1, restart after count 32

On wall 3, restart after count 64
