

Cha Cha Ole'

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Chris Givens (USA)
音乐: Alabao - Enrique Iglesias



SKATE FORWARD LEFT THEN RIGHT, SHUFFLE FORWARD LEFT, RIGHT, LEFT, BACK RIGHT, LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT, LEFT, RIGHT

- 1-2 Step forward left bringing left leg close to right knee (semi circle), repeat with right
3&4 Left step forward, right step behind left, left step forward
5-6 Walk back right then left
7&8 Turning on ball of left foot step ¼ turn right stepping forward on right, left step behind right, right step forward

SYNCOPATED HIP & SHOULDERS WITH WEIGHT SHIFT, FORWARD RIGHT ROCK ½ TURN, LEFT SIDE TOGETHER SIDE

Standing with arms down at your side (palms down) bump hips and move shoulder in syncopation with each other

- 1-2 With weight on both feet and slightly apart bump hips and move shoulders left then right shifting weight from left to right
3&4 Remaining in the same position bump left, right, left
5&6 Rock forward on right foot, recover left making ½ turn to the right, step forward right
7&8 Step left to left side, step right beside left, step left to left side

LEFT ¼ TURN, RIGHT SIDE ROCK & CROSS, LEFT SIDE TOGETHER SIDE, RIGHT MAMBO FORWARD, LEFT MAMBO BACK

- 1&2 Pivot ¼ turn on ball of left foot, rock out to side on right foot, recover, cross right over left
3&4 Step left to left side, step right beside left, step left to left side
5&6 Rock forward on right, recover left, step right beside left
7&8 Rock back on left, recover right, step left beside right

RIGHT KICK FORWARD, RIGHT STEP BACK, BACK LOCK STEP, FULL PADDLE TURN

- 1-2 Kick right foot forward (low kick), step right foot back behind but to side of left
3&4 Cross left over right, step back right, cross left over right

As you do the paddle turn raise your arms and circle index fingers in the air, or snap fingers, or make up your own variations

- 5&6&7& Keeping left foot in place tap right foot to side making full turn left
8 Step right foot beside left

REPEAT