

Chameleon

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Ed Henry (USA)
音乐: Any slow-medium cha-cha beat



- 1-2 Rock forward with left foot, step back onto right foot
3&4 Turn ½ turn to the left (opposite wall) with a triple step, left-right-left.
5-6 Rock forward with right foot, step back onto left foot
7&8 Turning ½ turn to the right (this will be your beginning wall) with a triple step, right-left-right.
- 9-10 Step out with left foot, pivot turn to the right, step with right
11&12 Shuffle with left-right-left.
13-14 Step out with right foot, pivot turn to the left, step with left
15&16 Shuffle with right-left - right.
- 17-18 Lunge to the left side, back in place on right foot
19&20 Left-right-left.
21-22 Lunge to the right side, back in place on left foot
23&24 Right-left-right.
- 25-26 Step with left foot to left side, turn ½ turn to the left as you step with right foot
27-28 Complete full turn as you step left, touch right foot beside.
29-30 Step with right foot to right side, turn ½ turn to the right as you step with left foot
31-32 Complete full turn as you step right, touch left foot beside.
- 33&34 Shuffle forward (left-right-left)
35&36 Shuffle forward (right-left-right)
37 Step forward on left foot and make a ¼ turn to the right with the step
38 Bump hips to the left
39 Step onto right foot
40 Bump hips to the right

REPEAT
