

Can't Run Cha-Cha (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Billy Beene, Ella Beene, Blaine Haynes & Eva Haynes
音乐: Can't Run from Yourself - Tanya Tucker



Position: Side-by-side

1-2 Step forward left, step forward right
3&4 Cha-cha-cha forward (left-right-left)
5-6 Step back right, step back left
7&8 Cha-cha-cha back (right-left-right)

Release right hands at this time.

9-10 **MAN:** Step left behind right, then step right to side (man is moving behind lady at this time)
 LADY: Start with the left foot, make a 2 count rolling turn, in front of man ending on his left side, facing LOD, connecting right hands

11&12 Cha-cha-cha going forward (left-right-left)

Release left hands

13-14 **MAN:** Step right behind left, then step left to side (man is moving behind lady at this time)
 LADY: Start with right foot, make a 2 count rolling turn in front of man, ending on his right side facing LOD, connecting left hands

15&16 Cha-cha-cha going forward (right-left-right)

17 Step forward on left foot

18 Slide right next to left

19 Step forward on left foot

20 Brush right forward

21 Release right hands and lift left hands as you cross right over left foot (placing ball of foot next to left side).

22 ½ turn to left (keep most of weight on left foot).

23&24 Cha-cha-cha moving forward (right-left-right connect right hands).

25 Step forward on left foot

26 Slide right next to left

27 Step forward on left foot

28 Brush right forward

29 Cross right over left (placing ball of foot next to left side).

30 ½ turn to left (keep most of weight on left foot).

31&32 Cha-cha-cha moving forward (right-left-right)

33 Step forward on left

34 Slide right up behind left

35&36 Rock forward on left, rock back on right, rock forward on left using cha-cha rhythm.

37 Step forward on right

38 Slide-left behind right

39&40 Rock forward on right, rock back on left, rock forward on right using cha-cha rhythm.

41 Step forward on left

42 Pivot ½ turn to right

43&44	Cha-cha-cha moving forward (left-right-left)
45	Step forward on right
46	Pivot ½ turn to left
47&48	Cha-cha-cha moving forward (right-left-right)

REPEAT
