

# Canadian Triple Cha-Cha

**COPPER KNOB**  
STEPPERS

拍数: 48      墙数: 2      级数: Improver  
编舞者: Tai Tsang (CAN)  
音乐: De Hombre A Mujer - Donato & Estefano



## **SIDE, BACK, FORWARD, RIGHT SHUFFLE**

- 1            Step left foot to left side
- 2            Step right foot backward
- 3            Step left foot forward
- 4&5        Step right foot to right side, step left foot beside right foot, step right foot to right side

## **FORWARD, BACK, LEFT SHUFFLE**

- 6            Step left foot forward
- 7            Step right foot backward
- 8&1        Step left foot to side, step right foot beside left foot, step left foot to left side

## **BACK, FORWARD, SHUFFLE FORWARD**

- 2            Step right foot backward
- 3            Step left foot forward
- 4&5        Step right foot forward, lock left foot behind right foot, step right foot forward

## **FORWARD, BACK, SHUFFLE BACKWARD**

- 6            Step left foot forward
- 7            Step right foot backward
- 8&1        Step left foot backward, lock right foot in front of left foot, step left foot backward

## **BACK, FORWARD, SHUFFLE FORWARD**

- 2            Step right foot backward
- 3            Step left foot forward
- 4&5        Step right foot forward, lock left foot behind right foot, step right foot forward

## **FORWARD, ½ SPOT TURN RIGHT, FORWARD, SHUFFLE FORWARD**

- 6            Step left foot forward and making a ½ turn right (weight on left foot)
- 7            Step right foot forward
- 8&1        Step left foot forward, lock right foot behind left foot, step left foot forward

## **FORWARD AND ½ SPOT TURN LEFT, HIP ROCK**

- 2            Step right foot forward and making a ½ turn left (weight on right foot)
- 3            Step left foot forward
- 4&5        Cross right foot over left, rock hip backward, rock hip forward

## **ROCK, ROCK, ¼ TURN LEFT, SHUFFLE FORWARD**

- 6            Rock left foot to left
- 7            Rock right foot to right
- 8&1        ¼ turn right and step left foot forward, lock right foot behind left foot, step left foot forward

## **FORWARD, ½ SPOT TURN LEFT, FORWARD, SHUFFLE FORWARD**

- 2            Step right foot forward
- 3            ½ spot turn left and step left foot forward
- 4&5        Step right foot forward, lock left foot behind right foot, step right foot forward

## **¼ TURN RIGHT, SHUFFLE TO LEFT, ¼ TURN LEFT, SHUFFLE FORWARD**

6&7            ¼ turn right and step left foot to side, step right foot beside left foot, step left foot to side  
8&1            ¼ turn left and step right foot forward, lock left foot behind right foot, step right foot forward

**FORWARD, ½ SPOT TURN RIGHT, FORWARD, ¼ TURN RIGHT, SHUFFLE TO LEFT**

2            Step left foot forward  
3            ½ spot turn right and step right foot forward  
4&5            ¼ turn right and step left foot to side, step right foot beside left foot, step left foot to side

**¼ TURN LEFT, SHUFFLE FORWARD, ¼ TURN RIGHT, SHUFFLE TO LEFT**

6&7            ¼ turn left and step right foot forward, lock left foot behind right foot, step right foot forward  
8&1            ¼ turn right and step left foot to side, step right foot beside left foot, step left foot to side

**REPEAT**

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