

Boom Cha Cha

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sara Raymond
音乐: Boom Shakalaka - Shaggy



ROCK FORWARD COASTER STEP, SYNCOPATED STEP SLIDES

- 1-2 Rock forward on right, rock replace onto left
- 3& Step back on right foot, step left beside right
- 4-5 Step forward on right foot, step left foot forward, turning body on 45 degree angle right
- 6& Slide right foot behind left, step left foot forward
- 7-8 Slide right foot behind left, step left foot forward

SAILOR STEPS COASTER STEP, CROSS CHA-CHA

- 1& Right foot step behind left, step left foot to left side
- 2-3 Step right foot to right side, left foot step behind right
- &4 Step right foot to right side, step left foot to left side
- 5& Step right foot forward, step left beside right
- 6-7 Step right foot back, turning ¼ turn to left step left foot to left side
- &8 Cross right foot in front of left, turning ¼ turn to right step left foot back (facing original wall)

SYNCOPATED STEP SLIDES FORWARD ON ANGLE AND BACK ON ANGLE

- 1-2 Step right foot forward at 45 degree angle, slide left foot behind right
- &3 Step right foot forward, slide left foot behind right
- 4-5 Step right foot forward, step left foot back, at the 45 degree angle
- 6& Slide right foot beside left, step left foot back
- 7-8 Slide right foot beside left, step left foot back

STEP PIVOTS, STEP ACROSS, BACK, SIDE TOGETHER

- 1-2 Step forward with right foot, pivot on balls of feet ¼ turn left, keeping weight on left
- 3-4 Step forward with right foot, pivot on balls of feet ¼ turn left, keeping weight on left
- 5-6 Cross left foot in front of right, step back on right
- 7-8 Step left foot to left side, touch right foot beside left

BACK BODY ROLL, FORWARD BODY ROLL, SHUFFLE FORWARD TOUCH KICK

- 1-2 Step back on left foot, doing a two count body roll
- 3-4 Keeping weight on left foot do a two count forward body roll
- 5& Step right foot forward, step left foot beside right
- 6-7 Step right foot forward, touch left foot beside right
- 8 Kick left foot back

STEP TURN, CHA-CHA, CROSS CHA-CHA, SLIDE

- 1-2 Step left foot forward, touch right forward & pivot on ball of left foot ½ turn left
- &3 Pivot on ball of left foot ½ turn left
- &4 Step right foot beside left, step left foot forward
- 5& Turning ¼ turn to right, rock to left side, rock replace onto right
- 6-7 Cross left foot in front of right, big slide step to right
- 8 Slide left foot beside right, putting weight on left foot

REPEAT