

Blue Note Cha Cha

拍数: 48 墙数: 4 级数: Improver social cha
编舞者: Joe Serafini (USA)
音乐: Big Blue Note - Toby Keith



RIGHT HEEL HOOK, SHUFFLE, LEFT HEEL HOOK, SHUFFLE

1-2 Touch right heel forward, hook right in front of left knee
3&4 Shuffle forward right, left, right
5-6 Touch left heel forward, hook left in front of right knee
7&8 Shuffle forward left, right, left

ROCK FORWARD, ¼ TURN RIGHT, SIDE SHUFFLE, CROSS STEP, ¼ TURN LEFT, COASTER

9-10 Rock right forward, recover weight on left making ¼ turn right
11&12 Side shuffle to right stepping right, left, right
13-14 Cross left over right, step back on right making ¼ turn left
15&16 Step back on left, step right next to left, step left forward

ROCK RIGHT, CROSS SHUFFLE LEFT, ROCK LEFT, CROSS SHUFFLE RIGHT

17-18 Rock right to right, recover weight on left
19&20 Cross right over left, step left to left, cross right over left
21-22 Rock left to left, recover weight on right
23&24 Cross left over right, step right to right, cross left over right

HIP BUMPS(3), HOLD, ROCK FORWARD, COASTER

25-26 Step right slightly forward and bump hips right, bump hips left
27-28 Bump hips right, hold
29-30 Rock left forward, recover weight on right
31&32 Step back on left, step right next to left, step left forward

PIVOT TURN ½ LEFT, SHUFFLE FORWARD, PIVOT TURN ¼ RIGHT, CROSS SHUFFLE

33-34 Step right forward, pivot ½ turn left
35&36 Shuffle forward, right, left, right
37-38 Step left forward, pivot ¼ turn right
39&40 Cross left over right, step right to right, cross left over right

HIP BUMPS(3), HOLD, ROCK FORWARD, SHUFFLE IN PLACE

41-42 Step right slightly forward and bump hips to right, bump hips left
43-44 Bump hips right, hold
45-46 Rock left forward, recover weight on right
47&48 Shuffle in place, left, right, left

REPEAT
