

Banca Cha

拍数: 32 墙数: 4 级数: Beginner
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音乐: Banca Banca - E-Type



STEP FORWARD, POINT, POINT, SAILOR STEP, POINT, POINT, SAILOR STEP

- 1 Step left foot forward
- 2 Point right foot across left foot
- 3 Point right foot right
- 4&5 Sailor step right foot, left foot, right foot
- 6 Point left foot across right foot
- 7 Point left foot left
- 8&1 Sailor step left foot, right foot, left foot

WALK, WALK, CHA-CHA-CHA FORWARD, PIVOT TURN ½, MAMBO CROSS

- 2 Step right foot forward
- 3 Step left foot forward
- 4&5 Cha-cha forward right foot, left foot, right foot
- 6 Step left foot forward
- 7 Turn ½ over right, put weight on right foot
- 8 Step left foot to left
- & Recover weight on right foot
- 1 Cross left foot over right foot

MAMBO CROSS, TOUCH FLICK TURN ¼ RIGHT, ROCK HITCH, COASTER STEP

- 2 Step out right foot to right
- & Recover weight on left foot
- 3 Cross right foot over left foot
- 4 Touch left foot to left
- 5 Flick left foot backwards, while doing this turn ¼ right
- 6 Rock left foot forward
- 7 Recover weight on right foot, while doing this hitch left foot knee up
- 8&1 Coaster step left foot, right foot, left foot

WALK, WALK, CHA-CHA-CHA, PIVOT TURN ½, CHA-CHA-CHA

- 2 Step right foot forward
- 3 Step left foot forward
- 4&5 Cha-cha-cha forward right foot, left foot, right foot
- 6 Step left foot forward
- 7 Turn ½ over right, put weight on right foot
- 8&1 Cha-cha-cha left foot, right foot, left foot

REPEAT
