

Bar Room Cha Cha

拍数: 48 墙数: 4 级数:
编舞者: Jackie Harper (UK) & Kate Brookes (UK)
音乐: Any 96/110 bpm cha-cha rhythm



- 1-2 Left foot step to left side, (keeping right foot in place, raising heel), shift weight back to right foot
- 3&4 Cha-cha in place left-right-left
- 5-6 Right foot step to right side, (keeping left foot in place, raising heel), shift weight back to left foot
- 7&8 Cha-cha in place right-left-right
- 9-10 Left foot cross behind right, (keeping right foot in place, raising heel), rock forward on right in place
- 11&12 Cha-cha in place left-right-left
- 13-14 Right foot cross behind left, (keeping left foot in place, raising heel), rock forward on left in place
- 15&16 Cha-cha in place right-left-right
- 17-18 Left toe sweep forward and around to the left in a circle until back beside right
- 19&20 Cha-cha in place left-right-left
- 21-22 Right toe sweep forward and around to the right in a circle until back beside left
- 23&24 Cha-cha in place right-left-right
- 25-26 Left foot ¼ turn to left, right foot touch beside left
- 27&28 Right foot step to side, left foot close beside right, right foot step to the side
- 29-30 Left foot step to the side, right foot touch beside left
- 31&32 Right foot step to the side, left foot close beside right, right foot step to the side
- 33-34 Left foot rock forward (keeping right foot in place, raise heel), right foot rock back
- 35&36 Cha-cha left-right-left-slight progression back
- 37-38 Right foot rock back, (keep left foot in place, raising heel), left foot rock forward
- 39&40 Cha-cha right-left-right-slight progression forward
- 41-42 Left foot touch forward, pivot ½ turn right (keeping weight on right foot)
- 43&44 Cha-cha left-right-left
- 45-46 Right foot touch forward, pivot ½ turn left (keep weight on left foot)
- 47&48 Cha-cha right-left-right

REPEAT
