

All Night Cha-Cha

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Ron Kline (USA)
音乐: One Night At a Time - George Strait



SWIVEL STEPS, CHA-CHAS FORWARD

- 1 Step right foot forward and at the same time swivel heels of both feet and bump hips to right side
- 2 Keeping feet in place and straightening heels, shift weight back onto left foot
- 3&4 Cha-cha forward (right-left-right)
- 5 Step left foot forward and at the same time swivel heels of both feet and bump hips to left side
- 6 Keeping feet in place and straightening heels, shift weight back onto right foot
- 7&8 Cha-cha forward (left-right-left)

ROCK STEPS, TURNING CHA-CHAS

- 9-10 Step forward on right foot, rock back onto left foot prepping heel to the left and twisting upper body slightly to the right
- 11&12 Cha-cha in place (right-left-right) making a full turn to the right on these steps
- 13-14 Step forward on left foot, rock back onto right foot prepping heel to the right and twisting upper body slightly to the left
- 15&16 Cha-cha in place (left-right-left) making a full turn to the left on these steps (beginners may not want to turn on the cha-chas, simply cha-cha in place or do "coaster steps")

CROSS STEPS, CROSS STEP CROSSES

- 17-18 Angling body slightly to the left, cross right foot over left and step, step left foot to left side
- 19&20 Cross right foot over left and step, step left foot to left side, cross right foot over left and step
- 21-22 Bring left foot around angling body slightly to the right and cross over right and step, step right foot to right side
- 23&24 Cross left foot over right and step, step right foot to right side, cross left foot over right and step making a ¼ turn to the right with the step

SLOW UNWIND, HIP BUMPS

- 25-28 In four counts slowly unwind ½ turn to the right shifting weight to left foot
- 29-30 Keeping feet in place, shift weight forward and at the same time bump hips to right, bump hips right again
- 31-32 Shift weight back and at the same time bump hips to left, bump hips left again (right foot is already forward, step slightly more forward with right foot to start pattern again)

REPEAT

In "One Night at a Time" there is a break late in the song, so on the ninth pattern or when facing the beginning wall for the third time, after count 32, in four counts simply rotate hips to the left twice, then continue dance as written.

This dance works great for more up-tempo songs too. In counts 25-28 keep toes in place and shift heels around a little at a time bumping hips to the left with each shift to make the ½ to the right unwind (4 counts), clapping hands on #28.