Latino Heat Cha Cha



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音乐: Beat Box Cha Cha - Bob Base & Perez Prado



Left Forward, Lock Step, Hip Sways, Right Forward, Recover, Ronde Right With 3/4 Turn 1-2-3&4 Step forward on left, Lock right behind left (heels slightly above floor), Sway hips moving left, right, left. 5-6-7&8 Step forward on right, Recover on left, 3/4 turn over right shoulder, Sweep right foot from front to back (on the spot - right, left, right).

Rock Left, Recover on Right, Cross Shuffle, Rock Right, 1/4 Turn Left, Forward Shuffle 1-2-3&4 Step left to left, Recover on right, Cross shuffle left over right (L.R.L.) 5-6-7&8 Step right to right, Make 1/4 turn over left shoulder, Stepping forward on left, Shuffle forward on right, left, right.

Point Left Toe Behind Right, Unwind 1/2 Turn Left, Right Cross Step, Behind, Left Lock Step, Right 1/4 Turn Sailor 1-2-3&4 Point left toe behind right, Unwind 1/2 turn over left shoulder, Cross right in front of left, Recover on left, Cross right behind left. 5&6-7&8 Step back on left, Lock right in front of left, Step back on left, Make 1/4 turn right sailor step, Cross right behind left, Step left to left, Step right in place.

Skate Forward on Left, Right, Stomp Left Forward, Shoulder Shake, Walk Back on Right, Left, 1/2 Turn Shuffle Right Travelling Forward.

1-2-3&4 Skate forward on left, Skate forward on right, Stomp left forward, knees slightly bend, Shoulder shake left, right, left (shoulder movement up & down). 5-6-7&8 Walk back on right, left, Make 1/2 turn over right shoulder, Shuffle forward on right, left, right.

Dance begins again