

Rhythm Cha

拍数: 32 墙数: 4 级数: Beginner
编舞者: Helena Jeppsson (SWE) - January 2008
音乐: La Bomba - Ricky Martin



Also:

I Need To Know by Marc Anthony (116 bpm)

I've Got You by Marc Anthony (104 bpm)

Side, rock step, side shuffle, rock step, side shuffle with ¼ turn L

1, 2, 3 Step left foot to left side, rock back on right foot, recover weight onto left
4&5 Step right foot to right side, step left next to right, step right to right side
6,7 Rock fwd on left foot, recover weight back onto right foot
8& Step left foot to left side, step right foot next to left
1 Make a ¼ turn to left step fwd on left foot

Point, step fwd x2, rock step, back shuffle

2,3 Point right toe to right side, step fwd on right foot
4,5 Point left toe to left side, step fwd on left foot
6,7 Rock fwd on right foot, recover weight back onto left foot
8&1 Step back on right foot, step left next to right, step back on right foot

Rock step, fwd shuffle, ¼ turn L, cross shuffle

2,3 Rock back on left foot, recover weight onto right
4&5 Step fwd on left foot, step right next to left, step fwd on left foot
6,7 Step fwd on right foot, make a ¼ turn to left
8&1 Cross right foot in front of left, step left to left side, cross right in front of left

Rock step, weave, rock step, together

2,3 Rock left foot fwd on the diagonal (4.30), recover weight back onto right
4&5 Step left foot behind right, step right to right side, cross left foot in front of right
6,7 Rock fwd on right foot on the diagonal (7.30), recover weight back onto left
8 Step right foot next to left foot

Begin again.
