

Lady Pocahontas

拍数: 32 墙数: 4 级数: Improver
编舞者: Joenan (AUS) - July 2008
音乐: She's a Lady (Cha Cha / 30 BPM) - Ross Mitchell, His Band and Singers



Count in: 16 counts

Or Music: Colours Of The Wind by Ross Mitchell, Count in: 16 counts

Rock Left, Recover, Cross Rock, Recover, Chasse Left ¼ Turn Left, Pivot ¼ Turn Left

1-4 Rock Left to left side, recover onto Right, cross rock Left over Right, recover onto Right
5&6 Step Left to left side, step Right together, step Left to left side ¼ turn left
7-8 Step forward on Right, pivot ¼ turn left

Cross Rock, Recover, Chasse Right ¼ Turn Right, Pivot ½ Turn Right, Triple Step ½ Turn Right

1-2 Cross rock Right over Left, recover onto Left
3&4 Step Right to right side, step Left together, step Right to right side ¼ turn right
5-6 Step forward on Left, pivot ½ turn right
7&8 Triple step ½ turn right stepping Left, Right, Left

Rock Back, Recover, Step Lock Step, Sweep Left Forward, Cross Rock, Recover

1-2 Rock back on Right, recover onto Left
3-5 Step forward on Right, lock step Left behind Right, step forward on Right
6-8 Sweep Left forward from back to front, cross rock Left over Right, recover onto Right

Triple Step ½ Turn Left, Cross Step, Touch, Cross Step, Hold, Step Back, Sweep Back On Left ½ Turn Left

1&2 Triple Step ½ turn left stepping Left, Right, Left
3-4 Cross step Right over Left, touch Left to left side
5-8 Cross step Left over Right, hold, step back on Right, sweep Left back from front to back ½ turn left keeping weight on Right

(Choreographer's note: count 5 can be a cross lunge Left over Right with a hold on count 6)

Repeat
