

Cay Cha Cha

拍数: 32 墙数: 4 级数: Improver
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音乐: Laid Back 'n Low Key (Cay) - Alan Jackson : (CD: Good Time)



Hip Bumps, Triple Hip Bumps, Step, Together, Coaster Step

1-2 Bump hips to left, bump hips to right
3&4 Bump hips to left, bump hips to right, bump hips to left
5-6 Step right foot to right side, step left foot together
7&8 Step right foot back, step left foot together, step right forward

Step Forward, Pivot Turn, ¼ Turn Right Mambo Cross, Rock & Recover, ½ Turn Right & Cha Cha Forward

9-10 Step left foot forward, pivot ½ turn right (weight on right) [6:00]
11&12 Doing a ¼ turn right, rock left foot to left side, recover to right, cross-step left foot across right
13-14 Rock right foot forward, recover on left and do a ½ turn to right
15-16 Step right forward, bring left next to right, step right forward

Full Turn Forward, Cha Cha Forward, Rock & Recover With ½ Turn Right, Cha Cha Forward

17-18 Do a full turn forward to right stepping left, right
19&20 Step left forward, bring right next to left, step left forward
21-22 Rock right foot forward, recover on left and do a ½ turn to right
23&24 Step right forward, bring left next to right, step right forward

Step Forward, Pivot Turn, Cha Cha Forward, 4 Steps Forward

25-26 Step left foot forward, pivot ½ turn right (weight on right)
27&28 Step left forward, bring right next to left, step left forward
29-30 Step forward with right, step forward with left
31&32 Step forward with right, step forward with left

These four steps must be done with cha cha latin attitude, moving hips.

Start Again
