

Girl

拍数: 32 墙数: 2 级数: Beginner (Smooth Cha Cha)
编舞者: Iliane Raiza van der Graaf (NL) - September 2008
音乐: Shake You Down - Gregory Abbott : (CD: Disco Inferno, CD 2)



Intro: 32 counts (start on vocals)

WALK, WALK, LOCK STEP FORWARD, ROCK FORWARD, RECOVER, SAILOR ¼ TURN LEFT

1 step forward on right
2 step forward on left
3 step forward on right
& lock left behind right
4 step forward on right
5 rock forward onto left
6 recover onto right
7 make ¼ turn left, cross left behind right
& step right to right side
8 step left to left side

CROSS ROCK, RECOVER, CHASSE, CROSS, ¾ TURN RIGHT, SWEEP, BEHIND, SIDE STEP, CROSS

9 cross rock right over left
10 recover onto left
11 step right to right side
& step left next to right
12 step right to right side
13 cross left over right
14 make ¾ turn right
15 sweep right behind left
& step left to left side
16 cross right over left

SIDE ROCK, RECOVER, CROSS SHUFFLE, CHASSE ¼ TURN LEFT, SHUFFLE ½ TURN LEFT

17 rock left to left side
18 recover onto left
19 cross left over right
& step right to right side
20 cross left over right
21 step right to right side
& step left next to right
22 make ¼ turn left, step back onto right
23 make ¼ turn left, step left to left side
& step right next to left
24 make ¼ turn left, step forward on left

Option: 1½ TURN LEFT

23 make ½ turn left, step forward on left
& make ½ turn left, step back onto right
24 make ½ turn left, step forward on left

½ TURN LEFT WITH SWEEP, TOUCH, LOCK STEP FORWARD, ROCK FORWARD, RECOVER, BEHIND, ¼ TURN RIGHT, STEP FORWARD, STEP FORWARD

25 make ½ turn left, sweep right
26 touch right next to left

27 step forward on right
& lock left behind right
28 step forward on right
29 rock forward on left
30 recover onto right
31 cross left behind right
& make ¼ turn right, step forward on right
32 step forward on left

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