

N.E. Cha Cha

拍数: 32 墙数: 4 级数: Improver
编舞者: Gaye Teather (UK) - March 2009
音乐: If I Said You Had A Beautiful Body - Dave Sheriff : (free download from
www.davesherriff.com)



Alt. Music:

Silhouettes by Herman's Hermits (112 bpm. 16 count intro) CD: 101 Sixties Hits plus many other 60's compilations.

It's America by Rodney Atkins (136 bpm. 32 count intro) CD: It's America.

Let Your Love Flow – various artists

Easy split for such dances as Go With the Flow, La Secret etc etc
or N.E. Cha Cha music of your choice

Dance rotates in CCW direction

Kick-ball-change. Walk. Walk. Forward rock. Shuffle half turn Right

1&2 Kick Right forward. Step Right beside Left. Step Left in place beside Right
3 – 4 Walk forward Right. Left
5 – 6 Rock forward on Right. Recover onto Left
7&8 Shuffle half turn Right stepping Right. Left. Right (Facing 6 o'clock)

Shuffle half turn Right. Back rock. Paddle quarter turn Left x 2

1&2 Shuffle half turn Right stepping Left. Right. Left
3 – 4 Rock back on Right. Recover onto Left
5 – 6 Step forward on Right. Quarter turn Left
7 – 8 Step forward on Right. Quarter turn Left (Facing 6 o'clock)

Cross rock. Chasse Right. Cross rock. Chasse Left

1 – 2 Cross rock Right over Left. Recover onto Left
3&4 Step Right to Right side. Step Left beside Right. Step Right to Right side
5 – 6 Cross rock Left over Right. Recover onto Right
7&8 Step Left to Left side. Step Right beside Left. Step Left to Left side

Jazz box quarter turn Right. Step. Rocking chair

1 – 2 Cross Right over Left. Step back on Left
3 – 4 Quarter turn Right stepping Right to Right side. Step forward on Left. (Facing 9 o'clock)
5 – 6 Rock forward on Right. Recover onto Left
7 – 8 Rock back on Right. Recover onto Left

Start again

Note: When stuck for a floor split DJ's often suggest "Any Cha Cha" for an easier option and people often joke that they have never come across this elusive dance called "N.E. Cha cha" – so here it is!! An easy dance that will fit to just about N.E. Cha cha music J