Cha Cha For Elise



拍数: 0 墙数: 4 级数: Phrased Intermediate

编舞者: Tok Sai Dee (MY) & Sandy - August 2009

音乐: Fur Elise - Günter Noris Und Seine Gala-Big Band



Pattern: AABA / C / AABA / D

(Intro: 16 Counts)

Part A (32 counts)

SECTION 1: LEFT CHASSE, BACK, TOUCH FORWARD, SHUFFLE FORWARD, RIGHT CHASSE

1&2 Step LF to side, Close RF next to LF, Step LF to side

3 Step RF back

4 Touching LF in front of RF (weight on RF)

5&6 Step LF forward, Close RF next to LF, Step LF forward

7&8 Step RF to side, Close LF next to RF, Step RF to side Optional Arms : (&8) Left hand on left

hip, right arm is raised pointing diagonally up

SECTION 2: SIDE STEP TOUCH (x2), 1/4 LEFT, 1/2 LEFT, LOOK BACK, LOOK FRONT

1-2 Step LF to side, Touch RF next to LF Optional Arms: (1-2) Left arm stretched horizontal to

side looking left, touching right palm behind neck

3-4 Step RF to side, Touch LF next to RF Optional Arms: (3-4) Dropping right arm to side

looking right, touching left palm behind neck

5 ½ Turn left step LF forward

6 ½ Turn left step RF back (ending in a slight sitting position)

7-8 Hold - Look Back, Look Front

SECTION 3: FORWARD TOUCH, BACK TOUCH, PIVOT ½ RIGHT, SHIMMY SHOULDERS

1-2 Step LF forward, Touch RF next to LF

3-4 Step RF back, Touch LF next to RF

5 Step LF forward

6 ½ Turn over right touching RF in front of LF (keeping weight on LF)

7&8 Shimmy shoulders

SECTION 4: FORWARD TOUCH, BACK TOUCH, PIVOT ½ LEFT, HIP BUMPS

1-2 Step RF forward, Touch LF next to RF3-4 Step LF back, Touch RF next to LF

5 Step RF forward

6 ½ Turn over left touching LF forward (keeping weight on RF)

7-8 Hip Bumps LR (weight remain on RF)

Part B (48 counts)

SECTION 1: CROSS FLICK (x2), FORWARD RECOVER, SHUFFLE BACK

1-2 Cross LF over RF (facing slightly diagonal right), Flick RF behind

3-4 Cross RF over LF (facing slightly diagonal left), Flick LF behind

5-6 Step LF forward (facing front), RF recover

7&8 Step LF back, Step RF next to LF, Step LF back

SECTION 2 : BACK RECOVER, LOCKSTEPS FORWARD, PIVOT ½ RIGHT, STEP FORWARD, LOCKSTEPS

1-2 Step RF back, LF Recover

3&4 Step RF forward, Lock LF behind, Step RF forward

5&6 Step LF forward, ½ Turn over right step RF forward, Step LF forward

7&8 Step RF forward, Lock LF behind, Step RF forward

SECTION 3: CROSS STEP, RECOVER SIDE (x2), CROSS FLICK (x2)

1&2 Cross LF over RF, RF Recover, Step LF to side3&4 Cross RF over LF, LF Recover, Step RF to side

Cross LF over RF (facing slightly diagonal right), Flick RF behind
 Cross RF over LF (facing slightly diagonal left), Flick LF behind

SECTION 4: FORWARD RECOVER, SHUFFLE BACK, BACK RECOVER, LOCKSTEPS FORWARD

1-2 Step LF forward (facing front), RF recover3&4 Step LF back, Step RF next to LF, Step LF back

5-6 Step RF back, LF Recover

7&8 Step RF forward, Lock LF behind, Step RF forward

SECTION 5 : PIVOT ½ RIGHT, STEP FORWARD, LOCKSTEPS, FORWARD RECOVER, RUN BACK 2 STEPS, TOUCH

1&2 Step LF forward, ½ Turn over right step RF forward, Step LF forward

3&4 Step RF forward, Lock LF behind, Step RF forward

5-6 Step LF forward, RF recover

7&8 Step LF back, step RF back, touch LF forward

SECTION 6: HIP ROLLS ANTI-CLOCKWISE, SWAY HOLD (x2)

1-4 Hip Rolls anti-clockwise (weight ending on RF)

5-6 Step LF to side & sway left, Hold7-8 Step RF to side & sway right, Hold

PART C (64 counts)

SECTION 1: CROSS FLICK,(x2), FORWARD RECOVER, SHUFFLE BACK.

1-2 Cross LF over RF (facing slightly diagonal right), Flick RF behind
 3-4 Cross RF over LF (facing slightly diagonal left), Flick LF behind

5-6 Step LF forward (facing front), RF recover

7&8 Step LF back, Step RF next to LF, Step LF back

SECTION 2: BACK RECOVER, LOCKSTEPS FORWARD, PIVOT ½ RIGHT STEP FORWARD, LOCKSTEPS

1-2 Step RF back, LF Recover

3&4 Step RF forward, Lock LF behind, Step RF forward

Step LF forward, ½ Turn over right step RF forward, Step LF forward

7&8 Step RF forward, Lock LF behind, Step RF forward

SECTION 3: CROSS FLICK,(x2), FORWARD RECOVER, SHUFFLE BACK.

1-2 Cross LF over RF (facing slightly diagonal right), Flick RF behind
 3-4 Cross RF over LF (facing slightly diagonal left), Flick LF behind

5-6 Step LF forward (facing front), RF recover7&8 Step LF back, Step RF next to LF, Step LF back

SECTION 4: BACK RECOVER, LOCKSTEPS FORWARD, PIVOT ½ RIGHT STEP FORWARD, LOCKSTEPS

1-2 Step RF back, LF Recover

3&4 Step RF forward, Lock LF behind, Step RF forward

5&6 Step LF forward, ½ Turn over right step RF forward, Step LF forward

7&8 Step RF forward, Lock LF behind, Step RF forward

SECTION 5: CROSS SIDE BEHIND, CHASSE RIGHT, CROSS RECOVER SIDE

1-3 Cross LF over RF, Step RF to side, LF Behind RF
4&5 Step RF to side, Step LF next to RF, Step RF to side
6-8 Cross LF over RF, RF Recover, Step LF to side

SECTION 6: CROSS SIDE BEHIND, CHASSE LEFT, CROSS RECOVER SIDE

1-3 Cross RF over LF, Step LF to side, RF Behind LF
 4&5 Step LF to side, Step RF next to LF, Step LF to side
 6-8 Cross RF over LF, LF Recover, Step RF to side

SECTION 7: PIVOT 1/4 RIGHT, CLOSE, SIDE, LEFT CHASSE, RIGHT CHASSE 1/4 RIGHT

1-3 Step LF forward, ¼ Turn right step RF to side, Step LF next to RF

4 Step RF side

Step LF next to RF, step RF next to LF, step LF to side.

7&8 Step RF next to LF, step LF next to LF, ¼ Turn right step RF forward

SECTION 8: LEFT CHASSE, RIGHT CHASSE 1/4 RIGHT, PIVOT 1/2 RIGHT, HIP BUMPS

1&2 Step LF next to RF, Step RF next to LF, Step LF to side

3&4 Step RF next to LF, Step LF next to RF, ¼ Turn right step RF forward

5-6 Step LF forward, ½ Turn over right step RF forward

7-8 Bump hip left, Bump hip right

Optional Arms: (7-8) Swing both arms to left side, swing both arms to right side

PART D (4 Counts)

STEP FORWARD, TOUCH 1/4 TURN CHASSE RIGHT (facing front wall)

1-2 Step LF forward, Touch RF next to LF

Optional Arms: (&4) Left hand on left hip, right arm is raised pointing diagonally up. Finish with a pose.

(Contact Tok Sai Dee, Sandy: toksailee@gamail.com)