

Cha Cha Your Body

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES) & Debbie Ellis (ES) - July 2010
音乐: Your Body - Tom Novy & Michael Marshall : (CD: Pump It Up, Cardio Workout)



Side, Rock Step, Cha Cha Forward, Rock Step, ¼ turn Side Chasse

1-3 Step Left To Left Side, Rock back on Right, Recover forward onto Left
4&5 Step forward Right, Step Left behind Right, Step forward Right
6,7 Rock forward Left, Recover back on Right
8&1 Make ¼ turn Left step left to Left side, Step Right Next to Left, Step Left to Left Side

Cross ½ turn Right, Cha Cha Side Rock Touch, Chasse Left

2,3 Cross Right Over Left, Step Left To Left Side
45& Make ½ Turn Right Stepping Right To Right Side, Step Left Next To Right, Step Right Next To Left
6&7 Rock Left to Left side, Recover to right, Touch Left Next to Right
8&1 Step Left to Left Side, Step Right Next To Left, Step Left to Left Side

Rock Step, Side Chasse ¼ Turn, Step ½ Pivot Turn Right, ¼ Turn Right Side Chasse Left

2,3 Rock Right Over Left, Recover Back on Left
4&5 Step Right to Right Side, Step Left Next To Right, Make ¼ turn Right Step on Right
6,7 Step Forward Left, Make ½ Turn Right
8&1 Make ¼ Turn Right stepping Left to Left Side, Step Right next to Left, Step left to Left Side

Rock Recover, ½ Hinge Turn, Hip Bumps (Booty Shake)

2,3 Rock Back Right, Recover Forward on Left,
4,5 Step Forward Right, Make ½ turn Left stepping Left To Left Side
6-8 Bump Hips Right, Bump Hips Left, Bump hips Right(Alternatively Booty Shake Anti Clockwise for 3 counts)

End Of Dance