

Stationary Cha Cha (L/P)

拍数: 28 墙数: 4 级数: Beginner Partner Line
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音乐: I Should Have Been True - The Mavericks



Position: Couples begin in dancing skaters position, standing side by side, left hand in left (in front), right in right (at lady's waist).

STEP RIGHT, ROCK BACK LEFT, CHA-CHA BACK RIGHT

1-2 Rock forward on right, left in place
3&4 Shuffle back on right

STEP BACK LEFT, ROCK FORWARD RIGHT, CHA-CHA LEFT AND ½ TURN RIGHT

5-6 Rock back on left, right in place
7&8 Cha cha in place left-right-left while 1/2 turning right

As the couple turns, the left hands move to the lady's left hip as the right hands rise in front of the man. Likewise when you turn back let them flow back to original position.

STEP BACK RIGHT, ROCK FORWARD LEFT, CHA-CHA RIGHT AND ½ TURN LEFT

1-2 Rock back on right, left in place
3&4 Cha cha in place right-left-right while 1/2 turning left

STEP BACK LEFT, ROCK FORWARD RIGHT, CHA-CHA LEFT AND ¼ TURN RIGHT

5-6 Rock back on left, right in place

LADY:

7&8 Shuffle in place left turning ¼ turn right

MAN:

7&8 Long step left diagonally forward right, face ¼ turn right and step together right, step together left

Hey guys! If your lady tries to cha-cha forward on these steps, a very gentle pull on her right hand will tend to make her turn in-place.

Another advantage of dancing in skaters position.

STEP RIGHT, ½ TURN LEFT, CHA-CHA RIGHT

1-2 Step forward right, ½ turn left
3&4 Shuffle forward right

STEP LEFT, ½ TURN RIGHT, STEP LEFT, ROCK

5-8 Step left forward, ½ turn right, step left forward, rock back right

"ROCK, SHUFFLE FORWARD

1-2 Rock left forward , rock back right
3&4 Shuffle forward left

REPEAT