

EZ - Body Cha

拍数: 32 墙数: 4 级数: Improver - Cha Cha
编舞者: Winnie Yu (CAN) - March 2012
音乐: El Bodeguero - Emmanuel



Alternate Music: Any Cha Cha Tempo [NO tag required]

Intro: 64 counts

* This dance is dedicated to Pooh's Team Hong Kong Region Instructor – Maria Miu & her students.

Sec. 1: WALK FORWARD (X 3), TOUCH, WALK BACKWARD (X 3), TOUCH

1-2-3-4 Walk Forward – L, R, L, point right foot to right side

5-6-7-8 Walk backward –R, L, R, point left foot to left side

Sec. 2: ROCK FORWARD ¼ RIGHT, RECOVER, CHASSE ¼ LEFT, ROCK FORWARD ¼ LEFT, RECOVER, CHASSE ¼ RIGHT [New York Right & Left]

1-2 Make ¼ turn right rocking left forward (3:00), recover onto right

3&4 Make ¼ turn left stepping left to left side (12:00), step right next to left, step left to left side

5-6 Make ¼ turn left rocking right forward (9:00), recover onto left

7&8 Make ¼ turn right stepping right to right side (12:00), step left next to right, Step right to right side

Sec. 3: FWD, PIVOT ½ R, SHUFFLE FORWARD, FWD PIVOT ¼ L, CROSS SHUFFLE

1-2 Step forward on left, make a ½ pivot turn right (6:00)

3&4 Step forward on left, step right next to left, step forward on left

5-6 Step forward on right, make a ¼ pivot turn left (3:00)

7&8 Step right cross over left, step left to left side, step right cross over left

Sec. 4: LEFT & RIGHT SIDE ROCK, RECOVER, TRIPLE STEPS IN PLACE, (Repeat, mirror image to R)

1-2 Step left to left side, recover onto right

3&4 Step left together, step right in place, step left in place

5-6 Step right to right side, recover onto left

7&8 Step right together, step left in place, step right in place

Tag: After wall 6, [6:00], there's a 4 count break in the music > add Left Rocking Chair, Then restart the dance.

Ending : After wall 10, [6:00] dance Sec.1 - 8 counts > make ½ L step left together back to 12:00