

Bang Bang Cha Cha

拍数: 32 墙数: 1 级数: Improver Cha cha
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音乐: Bang Bang - David Sanborn



Intro: 48 count

S1: SYNCOPATED SIDE CHASSE WITH HOLD, IN – IN – OUT (CHA CHA ON THE SPOT)

1 Step R to side

Note: The 1 step (Step R to side) is just do on the beginning of the dance (only on 1st wall)

2&3 Hold – Step L together – Step R to side

4&5 Hold – Step L together – Step R to side

6&7 Hold – Step L together – Step R to side

8&1 Step L together – Recover to R – Step L to side

Easier option:

SIDE STEP, TOGETHER, SIDE MAMBO

1-2 Step R to side – Step L together

3-4 Step R to side – Step L together

5-6 Step R to side – Step L together

7&8 Rock R to side – Recover to L – Step R together

S2: SYNCOPATED SIDE CHASSE WITH HOLD, IN – IN – OUT (CHA CHA ON THE SPOT)

2&3 Hold – Step R together – Step L to side

4&5 Hold – Step R together – Step L to side

6&7 Hold – Step R together – Step L to side

8&1 Step R together – Recover to L – Step R to side

Easier option:

SIDE STEP, TOGETHER, SIDE MAMBO

1-2 Step L to side – Step R together

3-4 Step L to side – Step R together

5-6 Step L to side – Step R together

7&8 Rock L to side – Recover to R – Step L together

S3: SIDE CHASSE WITH HOLD, IN – IN – OUT (CHA CHA ON THE SPOT)

2&3 Hold – Step L together – Step R to side

4&5 Step L together – Recover to R – Step L to side

6&7 Hold – Step R together – Step L to side

8&1 Step R together – Recover to L – Step R to side

Easier option:

SIDE STEP, TOGETHER, SIDE MAMBO

1-2 Step R to side – Step L together

3&4 Rock R to side – Recover to L – Step R together

5-6 Step L to side – Step R together

7&8 Rock L to side – Recover to R – Step L together

S4: HOLD, RECOVER, ¼ TURN LEFT 4X

2&3 Hold – Recover to L – Turn ¼ left step R to side

4&5 Hold – Recover to L – Turn ¼ left step R to side

6&7 Hold – Recover to L – Turn ¼ left step R to side

8&1 Hold – Recover to L – Turn ¼ left step R to side

Easier option:

PADDLE TURN ¼ LEFT 4X

1-2 Step R forward – Pivot turn ¼ left

3-4 Step R forward – Pivot turn $\frac{1}{4}$ left
5-6 Step R forward – Pivot turn $\frac{1}{4}$ left
7-8 Step R forward – Pivot turn $\frac{1}{4}$ left

REPEAT

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