

Sing & Dance Cha Cha Cha

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Phrased Intermediate
编舞者: Winnie Yu (CAN) - January 2020
音乐: Sing & Dance (载歌载舞) - Evon Low (劉珺兒)



Intro: 16 counts - Sq: [A, B-16, Tag1, B-24, Tag1, B-32, Tag1, B-24, Tag2] x 2
Ending: A-16 + Tag2 – last 4 count only

*** This dance is dedicated to ALL performers at my Charity Birthday Party:-
Agnes, Connie, Dodo, Elsa, Florence, Hilda, Jennifer, Katie, Kelly, Lily, Linda, Maphine, Maria, Sandy, Shelley,
Vincee, Winnie Ho, Winnie Leung, Winnie Wan, Winnie Ye & Yuki.

Part A: 24 counts

Section 1: Fwd Rock, Recover, Triple Step, Back Rock, Recover, Triple Step

1-2-3&4 Left rock forward, recover onto right, triple step on spot – L/R/L
5-6-7&8 Right back rock, recover onto left, triple step on spot – R/L/R

Section 2: Left Side Rock, Recover, Triple Step, Right Side Rock, Recover, Triple Step

1-2-3&4 Rock left to left side, recover onto right, triple step on spot – L/R/L
5-6-7&8 Rock right to right side, recover onto left, triple step on spot – R/L/R

Section 3: Left Basketball Turn, Left Kick-Ball-Chg, Look (Right, Front), Hold

1-2-3-4 Step left forward, pivot 1/2R, step left forward, pivot 1/2R (12:00)
5&6 Kick left forward, step left ball next to right, step right in place
&7-8 Look right, look front, hold and POSE * you can create your own pose !

Part B: 32 counts

Section 1: Fwd Rock, Recover, Back Lock Back, Back Rock, Recover, Step Lock Forward

1-2-3&4 Left rock forward, recover onto right, step left back, lock right over left, step left back
5-6-7&8 Rock right back, recover onto left, step right forward, lock left behind right, step right forward

Section 2: Step, Pivot 1/2R, Step Lock Forward, Step, Pivot 1/2L, Step Lock Forward

1-2-3&4 Step left forward, pivot 1/2R, step left forward, lock right behind left, step left forward
5-6-7&8 Step right forward, pivot 1/2L, step right forward, lock left behind right, step right forward

Section 3: (Fwd Rock, Recover, Coaster Step) x2

1-2-3&4 Left rock forward, recover onto right, step left back, step right next to left, step left forward
5-6-7&8 Right rock forward, recover onto left, step right back, step left next to right, step right forward

Section 4: (Side Rock, Recover, Cross Shuffle) x2

1-2-3&4 Rock left to left side, recover onto right, cross left over right, step right to right, cross left over right
5-6-7&8 Rock right to right side, recover onto left, cross right over left, step left to left, cross right over left

Tag 1: 8 counts - 1/4L Fwd Shuffle, 1/2R Fwd Shuffle, 1/4L Fwd Shuffle, 1/2R Fwd Shuffle

1&2 Step left forward and make a 1/4 L, step right next to left, step left forward (9:00)
3&4 Pivot 1/2R, step left next to right, step right forward (3:00)
5&6 Pivot 1/4L, step right next to left, step left forward (12:00)
7&8 Pivot 1/2R, step left next to right, step right forward (6:00)

Tag 2: 8 counts – Big Side, Drag Together, L Side Mambo, R Side Mambo

1-2-3-4 & Big step left to left side, drag right to left for 3 counts, step right next to left

5&6 Rock left to left side, recover onto right, step left next to right
&7-8 Rock right to right side, recover onto left, step right next to left

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