

Girls Cha Cha

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Emily Mah (MY) - September 2013
音乐: Grease by Girls Aloud



Intro: Start after 32 counts from heavy beat

[1-8] R Side Rock, Recover, R Shuffle fwd, Rock fwd L, Recover, L shuffle back

1 – 2 Rock R to right side, recover weight to L
3 & 4 Step forward on R, step L next to R, step forward on R
5 – 6 Rock forward on L, recover weight on R
7 & 8 Step back on L, step R next to L, step back on L (12:00)

[9-16] R rock back, Recover, ½ turn L shuffle back, L rock back, Recover, L fwd pivot ¼ turn R Cross

1 – 2 Rock back on R, recover weight on L
3 & 4 Make ½ left stepping back on R, step L next to R, step back on R
5 – 6 Rock back on L, recover weight on R
7 & 8 Step forward on L, pivot ¼ turn right, Cross L over R (9:00)

[17-24] Press diag R, Recover, Behind side cross, Side Rock, Recover, L Coaster step

1 – 2 Press R to right diagonal, recover weight on L
3 & 4 Cross R behind L, step L to left side, cross R over L
5 – 6 Rock L to left side, recover weight to R
7 & 8 Step back on L, step R next to L, step forward on L (9:00)

[25-32] R Step lock L, R shuffle fwd, Rock L fwd, Recover, ½ turn R, Hip bumps LRL

1 – 2 Step forward on R, Lock/step L behind R
3 & 4 Step forward on R, step L next to R, step forward on R
5 – 6 Rock forward on L, recover weight on R
7 & 8 Bump hips LRL making ½ turn right (3:00)

TAG 1 : – 8 Counts (end of 1st Wall at 3:00)

[1-8] R fwd pivot ½ L, R shuffle fwd, L fwd pivot ½ R, L shuffle fwd

1 – 4 Step forward on R, pivot ½ turn left
3 & 4 Step forward on R, step L next to R, step forward on R
5 – 6 Step forward on L, pivot ½ turn right
7 & 8 Step forward on L, step R next to L, step forward on L

TAG 2 : – 4 Counts (end of 6th Wall at 6:00)

[1-4] R rocking chair

1 – 2 Rock forward on R, Recover weight on L
3 – 4 Rock back on R, Recover weight on L

Ending – 10th Wall after count 28 , step forward on left and pose.

Enjoy the dance!

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