

Manfred's Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kenny Teh (MY) & Nancy Lee (MY) - April 2014
音乐: Manfreds Mambo - El Tattoo Del Tigre



Start dance after 16 counts (exactly 10 sec from start of music)

SIDE, CROSS TOUCH, TOUCH, BEHIND SIDE CROSS, TOUCH TWISTS

1 2 3 Step R to R, cross touch left over right, touch left to left
4&5 Cross left behind right, step right to right, cross left over right
6 7 Touch right about a foot to the right while twisting right heel right, twist right heel left
8&1 Twist right heel RLR

(Lean to the right with weight on the ball of right for counts 6 7 8&1)

BEHIND, SIDE, FORWARD SHUFFLE, LEFT & RIGHT MAMBO WITH LEFT FLICK ACROSS RIGHT

2 3 Cross right behind left, step left to left
4&5 Shuffle forward RLR
6&7 Rock Left forward, recover right, step left beside
8&1 Rock right forward, recover left, (*) step right beside with left flick across right

(During walls 4 & 7) * Restart 8& Rock right forward (8), recover on L, touch R beside L (&)

ROCK, RECOVER, ¾ LEFT TURN SHUFFLE, CROSS TOUCH, TOUCH, RUN BACK

2 3 Rock left forward, recover right
4&5 Shuffle ¾ left turn or ¾ left sailor turn (3.00)
6 7 Cross touch right over left, touch right to right
8&1 Run back RLR

TOUCH BACK, UNWIND ½ LEFT TURN, ROLL HIP, FLICK, ½ RIGHT TURN TOUCH RIGHT FORWARD, RIGHT CHASSE

2 3 Touch left toe back, with weight on left make a ½ left turn (9.00)
4&5 Weight still on left roll your hips anti clockwise
6 7 Flick your right behind left knee, ½ right turn touch right forward (3.00)
8&1 Right chasse RLR

*1st Restart

During wall 4 (facing 9:00)

Danced up to 16 count - Section 2

*2nd Restart + Tag

During wall 7 (facing 3:00)

Danced up to 16 count - Section 2

Add Tag 4 Count

Sway hips RLRL

Contact - Email: kennyteho@yahoo.com