

Nancy Jo Shuffle (cha cha)

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: High Beginner
编舞者: Nancy & Jo - July 2014
音乐: Make Love to Me - Anne Murray : (Album: The Best So Far / Croonin')



Alt. music:-

Pontoon by Little Big Town,
The Wanderer by Eddie Rabbitt (118 bpm)
Land of Enchantment by Michael Martin Murphey, (108 bpm)
He Drinks Tequila by Sammy Kershaw & Lorrie Morgan (127 bpm)
Baby's Got her blue jeans on by Mel McDaniel (105 bpm)
Write this Down by George Strait (124 bpm)

While learning the dance, I recommend Make Love to me.

(This dance can be done to almost any two step music) and many other songs just by changing the speed of the steps!

Right foot lead

Basic Cha Cha Pattern of shuffle forward right, rock recover, shuffle back left, rock recover

1&2 Shuffle forward right-left-right
3 4 Rock forward on the left, recover on the right
5&6 Shuffle back left-right-left
7 8 Rock back on the right, recover on the left

Shuffle forward, rock recover, Shuffle ½ turning left, Shuffle ½ turning left (total of 360 degree turn)

1&2 Shuffle forward right-left-right
3 4 Rock forward on the left, recover on the right
5&6 Shuffle back left-right-left Turning ½ left (6:00)
7&8 Shuffle forward right-left-right Turning ½ left (12:00)

Rock back recover, Shuffle forward

1 2 Rock back on left, recover right
3&4 Shuffle forward left-right-left

Side rock recover and cross shuffle starting with the right then left

1 2 Rock right foot to the right side, recover on the left
3&4 Cross shuffle: cross right over left, step left to the side, cross right over left
5 6 Rock left foot to the left side, recover on the right
7&8 Cross shuffle: cross left over right, step right to the side, cross left over right

Sways (RLRL)

1 - 4 Sway right, sway left, sway right, sway left (ending with weight on left)

Jazz Box with ¼ turn right, Jazz Box in place

1 2 3 4 Cross right over left, step left back, turning ¼ Right step side on right, step left next to right (3:00)
5 6 7 8 Cross right over left, step back on left, step right, step left next to right

Start over

line dance Nancy Jo 5/18/14

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