

Cha-Cha Strut

拍數: 32 牆數: 4 級數:
編舞者: Lori Manary (USA) - May 2008
音樂: Just Got Started Lovin' You - James Otto



Or any Cha beat will work for both C and NC Music

Start: with vocals

WALK, WALK, TRIPLE STEP, ROCK, RECOVER, COASTER STEP

1-2 Walk forward R, L
3&4 Triple step forward (R,L,R)
5-6 Rock forward on L, recover stepping back on R
7&8 Step L back, step R next to L, step L forward

(Note: walks should be done as a strut walk, use shoulders/attitude to accent moves)

WALK, WALK, ½ TURN LEFT, RIGHT TRIPLE STEP BACK, ROCK, RECOVER, TRIPLE STEP FORWARD

9-10 Walk forward R, L
11&12 ½ turn left, stepping back on R, triple step back (R,L,R)
13-14 Rock back on L, recover on R
15&16 Triple step forward (L,R,L)

(Note: walks should be done as a strut walk, use shoulders/attitude to accent moves)

STEP RIGHT, TRIPLE TO R SIDE (R,L,R), TRIPLE STEP 1 ¼ TURN TO LEFT (L,R,L)

17-18 Step R, bring L next to R (L takes weight)
19&20 Triple to R side (R,L,R)
21-22 Step L, bring R next to L (R take weight)
23&24 Making ¼ turn to L stepping on L foot, ½ turn L, another ½ turn L with L taking weight (triple step L, R, L,)

* Optional/Cheater Step- Triple step ¼ turn to L stepping L,R,L

STEP RIGHT FORWARD, PIVOT ½ TURN LEFT, TRIPLE STEP FORWARD R, L, R, STEP L PIVOT TURNING LEFT, CHA HIP BUMPS

25-26 Small step, stepping forward on R, pivot ½ turn L
27&28 Triple step forward (R,L,R)
29-30 Small step, stepping forward on L, pivot ½ turn L stepping back on right
31&32 Push L hip forward, push R hip back, push L hip forward, with L taking weight (using cha hip motion)

Begin again, and strut your stuff!