

Sangria

拍數: 88 牆數: 1 級數: Phrased Intermediate Cha Cha
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音樂: Sangria - Blake Shelton



Sequence: AABABABAAA

Part A (32 counts)

A1: 1/4 turn R, rock step, triple 1/2 turn L, spiral, triple fwd

1, 2, 3 1/4 turn R stepping fwd on right, rock fwd on left, recover weight onto right
4&5 1/4 turn L stepping left to side, step right beside left, 1/4 turn L stepping fwd on left
6,7 Step fwd on right, full turn L weight on right foot
8&1 Step fwd on left, step right beside left, step fwd on left

A2: Walk x2, syncopated rock step, countinuing side triple

2, 3 Walk fwd on right, left
4& Rock right foot across left, recover weight onto left
5& Rock right foot to right side, recover weight onto left
6& Rock right foot across left, recover weight onto left
7&8& Step right foot to right side, step left beside right, step right to side, step left beside right

A3: Side, rock step, side triple, rock step, side triple 1/4 turn R

1 Step right foot to right side
2, 3 Rock left foot across right, recover weight onto right
4&5 Step left foot to left side, step right beside left, step left foot to side
6,7 Rock right foot across left, recover weight onto left
8&1 Step right foot to right side, step left foot beside right, 1/4 turn R stepping fwd on right

A4: Step 1/2 turn, triple fwd, step 1/2 turn, touch

2, 3 Step fwd on left foot, 1/2 turn R (weight end on right foot)
4&5 Step fwd on left foot, step right side left, step fwd on left
6, 7, 8 Step fwd on right foot, 1/2 turn L, touch right toe next to left foot

Part B (56 counts)

B1: Side, triple step (with sweep), behind, side, cross, full turn R (on left diagonal), triple fwd

1 Step right foot to right side
2&3 Step left beside right, step right in place, step left slightly to left side sweeping right to the back
4&5 Step right behind left, step left foot to left side, step right foot across left
6, 7 (towards 10:30) 1/2 turn R stepping back on left, 1/2 turn R stepping fwd on right
8&1 Step fwd on left, step right beside left, step fwd on left (10:30)

B2: Rock step, behind, side, cross, sways, side triple

2, 3 Rock fwd on right foot (10:30), recover weight onto left
4&5 (facing 9 o'clock) Step right foot behind, left, step left to side, step right behind left
6, 7 Step left foot to left side swaying to left, swaying to right
8&1 Step left to left side, step right beside left, step left to side

B3: Cross rock, side triple 1/4 turn R, step 1/2 turn R, fwd

2, 3 Cross rock right foot in front of left, recover weight onto left
4&5 Step right to side, step left beside right, 1/4 turn R stepping fwd on right
6, 7, 8 Step fwd on left, 1/2 turn R weight on right foot, step fwd on left foot (6.00)

B4: 1/4 turn L with hip roll x2, hip sways

- 1 (&)2 □ Step fwd on right foot, 1/4 turn L with counter clockwise hip roll, stepping left beside right
- 3 (&)4 □ Step fwd on right foot, 1/4 turn L with counter clockwise hip roll, stepping left beside right
- 5, 6, 7, 8 Step right to side swaying hips R, L, R, step left beside right on count 8 (12.00)

B5: 1/4 turn L with hip roll x2, hip sways

- 1, 2 Step fwd on right foot, 1/4 turn L with counter clockwise hip roll, stepping left beside right
- 3, 4 Step fwd on right foot, 1/4 turn L with counter clockwise hip roll, stepping left beside right
- 5, 6, 7, 8 Step right to side swaying hips R, L, R, step left beside right on count 8 (6.00)

B6: 1/4 turn R, step 1/2 turn R, triple fwd, 1/2 turn L

- 1 1/4 turn R stepping fwd on right foot (9.00)
- 2, 3 Step fwd on left, 1/2 turn R weight on right foot (3.00)
- 4&5 Step fwd on left, step right beside left, step fwd on left
- 6, 7 Step fwd on right, 1/2 turn L weight still on right foot (9.00)

B7: Cross rock, side, point fwd, side, cross rock, 1/4 turn R, step 1/2 turn R, 1/2 turn R

- 8&1 Cross rock left foot in front of right foot, recover weight onto right, step left to left side
- 2, 3 Point right foot fwd, point right foot to right side
- 4&5 Cross rock right in front of left foot, recover weight onto left, 1/4 turn R stepping fwd on right (12.00)
- 6, 7 Step fwd on left foot, 1/2 turn R, weight on right foot
- 8 1/2 turn R on right foot stepping left beside right (12.00)
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