

Norma La De Cha

COPPERKNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Pooi Kuan (MY), Bryan Pang & Hanna - November 2015
音樂: Norma La De Guadalajara by Perez Prado (edited to fast version)



Dance Starts after 24 counts. Sequence: AA BA CC BA

PART A (32 counts)

Section A1: □Small Jump, Cross Rock Recover, Sailor Step, Step Together, Side, Kick, Rock Back Recover, Side

1 2 3 Small Jump with close feet apart, Cross LF over RF, Recover on RF,
4 & 5 Step LF behind RF, Step RF beside LF, Step LF to L
6 7 Step RF beside LF, Step LF to L,
& 8 & 1 Kick RF forward diagonally, Rock RF back, Recover on LF, Step RF to R (facing 1:00)

Section A2: □Syncopated Rocking Chair Diagonal - Twice, Back, Back, Hitch

2 & 3 & Rock LF forward, Recover on RF, Rock LF behind, Recover on RF (facing 1:00)
4 & 5 Rock LF forward, Recover on RF, Step LF Back (facing 1:00)
6 7 8 Walk Back on RF,LF, Hitch on RF (facing 1:00)

Section A3: □Step, Cross Rock Recover – Twice, Straightly 1/2Turn, Drag

1 2&3 Step RF to R, Cross LF over RF, Recover on RF, Step LF to L
4 & 5 Cross RF over LF, Recover on LF, Step RF to R
6 7 8 Straightly 1/2R Turn Step LF to L (weight on L), Slowly drag RF to LF

Section A4: □Basic Cha Cha

1 2 3&4 Rock RF back, Recover on LF, Forward shuffle on RF,LF,RF
5 6 7&8 Rock LF forward, Recover on RF, Backward shuffle on LF,RF,LF

PART B (32 counts)

Section B1: □Small Jump, Cross Rock Recover, Behind Side Cross Touch Twice, Behind Side Cross

1 2 3 Small Jump with close feet apart, Cross LF over RF, Recover on RF,
4&5& Step LF behind RF, Step RF to R, Cross LF over RF, Touch RF beside LF
6&7& Step RF behind LF, Step LF to L, Cross RF over LF, Touch LF beside RF
8&1 Step LF behind RF, Step RF to R, Cross LF over RF,
(easy option on 4&5, 6&7 – can be skip '&' just do behind side cross)

Section B2: □Rock Forward, Behind Side Cross Touch Twice, Behind Side Cross

2 3 Step RF forward, Recover on LF
4&5& Step RF behind LF, Step LF to L, Cross RF over LF, Touch LF beside RF
6&7& Step LF behind RF, Step RF to R, Cross LF over RF, Touch RF beside LF
8&1 Step RF behind LF, Step LF to L, Cross RF over LF
(easy option on 4&5, 6&7 – can be skip '&' just do behind side cross)

Section B3: □Diamond Step

2&3 Cross LF over RF 1/8L Turn (11:00), Step RF Back, Step LF Back 1/4L Turn (7:00)
4&5 Step RF Back, Step LF to L, Cross RF over LF 1/4L Turn (5:00)
6&7 Cross LF over RF, Step RF Back, Step LF Back 1/4L Turn (1:00)
8&1 Step RF Back, Step LF to L, Step RF Forward 1/8L Turn (12:00)

Section B4: □Hold, Pivot 1/2 Turn, Step Together, Step Back, Pose

2 3 4 5 Hold, Step LF Forward, Pivot 1/2R Turn, Step LF beside RF
6 7 8 Step RF Back with Posture hold 2 counts

PART C (32 counts)

Section C1: Rock Back Recover, Forward Shuffle 2X, 1/2Turn, Touch

1 2 3 &4 Rock RF Back, Recover on LF, Forward Shuffle on RF,LF,RF
5 & 6 Forward Shuffle on LF,RF,LF
7 & 8 Step RF Forward, 1/2L Turn, Touch RF beside LF

Section C2: Rock Back Recover, Forward Shuffle 2X, Mambo Touch

1 2 3 &4 Rock RF Back, Recover on LF, Forward Shuffle on RF,LF,RF
5 & 6 Forward Shuffle on LF,RF,LF
7 & 8 Forward Mambo on RF, Touch RF beside LF

Section C3: New York

1 2 3 &4 Rock RF across LF, Recover on LF, Side Cha Cha on RF,LF,RF
5 6 7 &8 Rock LF across RF, Recover on RF, Side Cha Cha on LF,RF,LF

Section C4: Step, Turn, Side Chasse 2X

1 2 3&4 Turn 1/4 L & Step RF forward, Turn 1/2L, Turn 1/4L & Step RF to R Side Chasse on RF, LF,
RF
5 6 7&8 Turn 1/4 R & Step LF forward, Turn 1/2R, Turn 1/4R & Step LF to L Side Chasse on LF,
RF,LF

Enjoy!

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