Dancing Cha Cha Cha

級數: Improver / Intermediate

編舞者: mBah Wir (INA) - February 2016

音樂: Ballando II Cha Cha Cha by Orchestra Morris e Paola Fabiani

Sequence of dance : 32-32 -32-32 -48 -32-32 -32-32 -48 -32-16

Intro 32 Count

拍數: 48

S1: SIDE STEP, CROSS ROCK, RECOVER, CHASSE ¼ LEFT, FORWARD, PIVOT ¾ LEFT, RIGHT CHASSE

- 1-3 Step R to side, Cross rock L over R, Recover on R
- 4&5 Step L to side, Step R next to L, Make turn 1/4 L step L forward
- Step R forward, Pivot ¾ L, Step R to side, Step L next to R, Step R to side 6-8&1

S2: BACKWARD ROCK, RECOVER, (KICK BALL CROSS) X2,

- 2-3 Rock L backward, Recover on R
- 4&5 Kick L forward, Step ball of L next to R, Cross R over L
- 6&7 Kick L forward, Step ball of L next to R, Cross R over L
- 8-1 Rock L to side, Recover on R

S3: CROSS BEHIND, SIDE STEP, CROSS OVER, SIDE STEP, SWAY (RIGHT, LEFT, RIGHT, LEFT), STEP TOGETHER

- 2&3 Cross L behind R, Step R to side, Cross L over R
- 4-8 Step R to side sway R, L, R, L, Step R next to L

S4: ¼ LEFT TURN FORWARD, PIVOT ½ TURN LEFT, FORWARD, FORWARD ROCK, RECOVER, BACK COASTER STEP

1-4 Make ¹/₄ turn L step L forward, Step R forward, Pivot ¹/₂ L, Step R forward

Rock L forward, Recover on R, Step L backward, Step R next to L, Step L forward 5-7&8

S5: (SIDE ROCK, RECOVER, CROSS SHUFFLE) X2

- 1-3&4 Rock R to side, Recover on L, Cross R over L, Step L to side, Cross R over L
- 5-7&8 Rock L to side, Recover on R, Cross L over R, Step R to side, Cross L over R

S6: FORWARD ROCK, RECOVER, BACK COASTER STEP, PIVOT ½ RIGHT, TRIPLE STEP IN PLACE

- Rock R forward, Recover on L, Step R backward, Step L next to R, Step R forward 1-3&4
- 5-7&8 Step L forward, Pivot 1/2 R, Step L next to R, Step R in place, Step L in place

Begin again. Have fun!

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牆數: 4