

Mercy Cha Cha

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Beginner
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音樂: Mercy - Duffy : (Google Play / iTunes / AmazonMP3)



Many beginners have danced or are familiar with “Cha Cha Step” (easier to learn than coaster or sailor step even for ultra beginners). S4, S5, S8 have options (both below & in video) for dancers that are brand new to the dance floor and/or have limited range of motion. Chose to ignore Restart for beginner ease—worked well, (see video).

Country song suggestions:-

“One Night At A Time” George Strait (Google Play • iTunes • AmazonMP3)

“I Should Have Been True” Mavericks (slower tempo) (Google Play • iTunes • AmazonMP3)

“All you Do Is Bring Me Down” Mavericks (peppy) (Google Play • iTunes • AmazonMP3)

“Sparks Fly” Taylor Swift (Google Play • iTunes • AmazonMP3)

Intro: 64 Counts -starts on word “you”

S1: R & L CROSS CHA CHA

1-2 Rock R Across in Front of L, Recover L
3&4 R Side Cha Cha R L R (3 steps done to 2 beats of the music using small steps)
5-6 Rock L Across in Front of R, Recover R
7&8 L Side Cha Cha L R L

S2: STEP BACK R L, R BACK CHA CHA, L HITCH TAP, SWAY

1-2 R Step Back, Left Step Back
3&4 Travel Back Cha Cha R L R
5-6 L Hitch Tap
7-8 Sway (weight remain on right)

S3: STEP FORWARD L R, L FORWARD CHA CHA, R HITCH TAP, SWAY

1-2 Step L Forward, Step R Forward
3&4 Travel Forward Cha Cha L R L
5-6 R Hitch, R Tap
7-8 Sway (weight remain on left)

S4: LEFT FULL TURN: 4 PIVOTS (OPTION : STEP IN PLACE R L R L)

1-2 Step R Forward, pivot $\frac{1}{4}$ to Left (weight on left)
3-4 Step R Forward, pivot $\frac{1}{4}$ to Left (weight on left)
5-6 Step R Forward, pivot $\frac{1}{4}$ to Left (weight on left)
7-8 Step R Forward, pivot $\frac{1}{4}$ to Left (weight on left)

Option: - S4: STEP IN PLACE R L R L for 8 counts

S5: R SWEEP, L SWEEP, L STEP, R CHA CHA (OPTION: R HEEL TAP HEEL 1-6, R Step 7)

1-3 Cross R behind L, Step L to Left Side, Cross R over L
4-6 Sweep L out around from Back to Front & Step in front of R, Step R to Right Side
7 Step L next to R
8&1 R Side Cha Cha R L R

S6: L ROCK BACK, L SIDE CHA CHA, R ROCK BACK, R FRONT CHA CHA

2-3 L Rock Back, R Recover
4&5 L Side Cha Cha L R L
6-7 R Rock Back, L Recover
8&1 R Forward Cha Cha R L R (weight on left)

S7: R HOLD, R L STEP, 1/4 L TURN L STEP FORWARD HOLD, LR STEP

2 Hold
3-4 Step Forward L & R

5-6 1/4 Left Turn L Step Forward, Hold
7-8 Step Forward R & L

S8: LEFT FULL TURN: STEP R HOLD, STEP L R, STEP L HOLD, STEP R L (OPTION: DANCE IN PLACE, NO TURN)

1-2 Start turn: R Step, Hold (Left 1/4)
3-4 L Step, R Step (Left 1/4)
5-6 L Step, Hold (Left 1/4)
7-8 R Step L Step (Left 1/4 --weight on left)

Enjoy dancing to this fun Cha Cha or any other song of your choice.

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