

Cha Cha Train (列車恰恰) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Nina Chen (TW) - 2016年06月
音樂: Mambo Mafia Vika - Cha Cha Train



Intro: 32 counts

S1. CROSS - RECOVER - R CHASSE - CROSS - SIDE - SAILOR 1/2 Turn L

1-2, 3&4 Cross RF over LF - Recover onto LF - Step RF to R - Step LF beside RF - Step RF to R
5-6, 7&8 Cross LF over RF - Step RF to R - 1/2 turn L (6:00) cross LF behind RF - Step RF to R -
Cross LF over RF
1-2, 3&4 右足前跨 - 重心回左足 - 右足右踏 - 左足併於右足旁 - 右足右踏
5-6, 7&8 左足前跨 - 右足右踏 - 左轉1/2 (6:00) 左足後跨 - 右足右踏 - 左足前跨

S2. SIDE - TOGETHER - R CHASSE - CROSS - RECOVER - FWD SHUFFLE TRUN L 1/4

1-2, 3&4 Step RF to R - Step LF beside RF - Step RF to R - Step LF beside RF - Step RF to R
5-6, 7&8 Cross LF over RF - Recover onto RF - Fwd shuffle (L R L) turn L 1/4 (3:00)
1-2, 3&4 右足右踏 - 左足併於右足旁 - 右足右踏 - 左足併於右足旁 - 右足右踏
5-6, 7&8 左足前跨 - 重心回右足 - 前交換步 (左 右 左) 向左轉1/4 (3:00)

S3. FWD - PIVOT 1/4 L - CHA CHA CHA - ROCK - RECOVER - BEHIND - SIDE - CROSS

1-2, 3&4 Step RF fwd - Pivot 1/4 L (12:00) - Step RF beside LF - Step LF in place - Step RF in place
5-6, 7&8 Rock LF to L - Recover onto RF - Cross LF behind RF - Step RF to R - Cross LF over RF
1-2, 3&4 右足前踏 - 向左踏轉1/4 (12:00) - 右足併於左足旁 - 左足原地踏 - 右足原地踏
5-6, 7&8 左足左下沉 - 重心回右足 - 左足後跨 - 右足右踏 - 左足前跨

S4. ROCK - RECOVER - FWD SHUFFLE TURN R 3/4 - ROCK - RECOVER- COASTER STEP

1-2, 3&4 Rock RF fwd - Recover onto LF - Fwd shuffle (R L R) turn R 3/4 (9:00)
5-6, 7&8 Rock LF fwd - Recover onto RF - Step LF back - Step RF beside LF - Step LF fwd
1-2, 3&4 右足前下沉 - 重心回左足 - 前交換步 (右 左 右) 向右轉 3/4 (9:00)
5-6, 7&8 左足前下沉 - 重心回右足 - 左足後踏 - 右足併於左足旁 - 左足前踏

Restart: After S2 of the 3th wall (9:00) & 6th wall (6:00)
重新開始: 在第三面牆 (9:00) 及第六面牆 (6:00) S2結束後

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com

Last Update - 18th June 2016