

My Ladies Dance

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Wanda Heldt (AUS) - July 2016
音樂: Recuerda - Piet Veerman



Note: - No Tags or Restarts - Just dance

Oliva by Rick Trevino - will Fit most Cha Cha music.

For a 1 Wall very basic Dance - Don't make the 1/4 turns.

Split floor with Silk & Satin

S1. □ ROCK FORWARD, RECOVER, CHA CHA, ROCK BACK, RECOVER, CHA CHA

1-2 Rock Left forward, Recover on Right.
3&4 Cha Cha in place Left, Right, Left.
5-6 Rock back on Right, Recover on Left.
7&8 Cha Cha in place Right Left, Right.

S2. □ STEP LEFT, STEP or SLIDE TOGETHER 1/4 TURN LEFT, CHA CHA, STEP RIGHT, STEP or SLIDE TOGETHER, CHA CHA

1-2 Step Left to Left side, Step/Slide Right next to Left. [Sway hips L.R wt.on R]
3&4 1/4 turn Left slight cha cha forward Left, Right, Left. [9:00]
5-6 Step Right to Right side, Step/Slide Left next to Right. [Sway hips R.L wt.on L]
7&8 Cha Cha in place to right side Right, Left, Right.

S3. □ ROCK FORWARD, RECOVER, STEP BACK, SWEEP □ the RIGHT, ROCK BACK RIGHT DIAGONAL, RECOVER, SHUFFLE □

1-2 Rock forward on Left, Recover on Right.
3-4 Step back on Left, Sweep Right 1/2 circle to back.
5-6 Rock back on Right body to Right Diagonal towards 12:00] Recover on Left.
7&8 Shuffle forward Right, Left, Right. [facing 9:00]

S4. □ ROCK FORWARD, RECOVER, CH ACHA, ROCK BACK, RECOVER, 1/4 TURN LEFT STEP, HITCH LEFT

1-2 Rock Left forward, Recover on Right.
3&4 Cha Cha in Place Left, Right, Left.
5-6 Rock back on Right, Recover on Left.
7-8 1/4 turn Left as you Step forward on Right, Hitch Left. [6:00] □ □ □.

Restart.....HAVE FUN IN LIFE & IN DANCE

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