

Stand For Me

拍數: 32

牆數: 4

級數: Improver - (Cha Cha Bachata
Rhythm)



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音樂: Stand by Me - Geeno Smith

Count In: 32 counts

[1-8] □ Rolling with Cha cha – Cross Side – ¼ Sailor

1 2 ¼ turn R step R forward (1), ½ turn R back step on L (2), 03/09
3&4 ¼ turn R side R step (3), L beside R (&), R side step (4) □12.00
Easy option : R Side step (1), L together (2), R side step(3), L beside (&), R side step (4)
5 6 cross L over R (5), R side step (6) 12.00
7&8 ¼ turn L step L behind (7), R step next L (&), Side step on L (8) 09.00

[9-16] □ Samba R & L – Jazz Box ½ turn R

1&2 cross R over L (1), side rock on L (&), recover weigh on R (2) □09.00
3&4 cross Lover R (3), side rock on R (&), recover weigh on L (4), □09.00
Easy option : step R forward (1), touch L on L side (2), step L forward (3), touch R on R side (4)
5 6 cross R over L (5), ¼ turn R step L back (6) □12.00
7 8 ¼ turn R side step on R (7), cross L over R (8) □03.00

[17-24] □ Rumba Box with Cha cha

1 2 R side step (1), L together R (2) □03.00
3&4 step R forward (3), L beside R (&), step R forward (4) □03.00
5 6 L side step (5), R together L (6) □ 03.00
7&8 Step back on L (7), R beside L (&), step back on L (8) □03.00

[25-32] Bachata Back & Forward – Sway R L R L

1 2 Step R back (1), touch L with hip bump (2) □03.00
3 4 Step L forward (3), touch R with hip bump (4) □03.00
5 6 sway R (5), sway L (6) □03.00
7 8 Sway R (7), sway L (8) □03.00

Final □ you are at 6 o'clock, replace "sway (7) sway (8)", by cross R over L (7), unwind (8) to finish at 12 o'clock

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

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