

Cha Cha Swing

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased High Intermediate
編舞者: Wendy Johansson (CAN) - October 2017
音樂: Chacha Swing (feat. Zona Prieta) - Zumba Fitness : (iTunes)



Sequence: A- BB A C A B A

Intro: 32 Cts (16 Cts after muffled horn fades in)

PHRASE A: 32 COUNTS:

A[1-8] Charleston with rock back, Sugar Foot walk SSQQS.

1 2 3 4& Facing 1:30 Diagonal. Charleston: Step R forward, Kick L forward, step L back. Rock back on R, recover L turning 1/8 R (to 3:00).

5 6 7&8 Sugar Foot: Feet apart, knees bent take 5 Step/Slide with turnout to diagonals - R,L,R,L,R. Optional finger snaps raise L hand snap on count '5&,' raise R hand snap on count '6&' - leave arms out at sides 7&8 (or Jazz Hands:) Clap on 8.

A[9-16] Charleston with rock back, Boogie Skate/Truckin' L,R,L.

1 2 3 4& Facing 4:30 Diagonal. Charleston: Step L forward, Kick R forward, step R back. Rock back on L & recover R turning 1/8 R (to 6:00).

5&6&7&8& Step on L diagonal swivel L heel 1/8 to L, step on R diagonal swivel R heel 1/8 to R, step on L diagonal swivel L heel 1/8 to L 3x (to 9:00). L arm up with L hand index finger wag (boogie woogie style:)

(Modified A-: Dance first 16 counts of A. Then turn 1/4 to 12:00 to begin B. First time A only)

A[17-24] Charleston with rock back cross, Heel Swivel Weave, Step R & Chug 3x

1 2 3 4& Facing 10:30 Diagonal. Charleston: Step R forward, Kick L forward, step L back. Rock back on R & cross L over R turning 1/8 R (to 12:00).

5&6&7 8& Heel swivel weave: heels swivel out, in, out, in while stepping R to R side, L behind R, R to R side, L across R. Step R to R and chug to R 3x with L coming off the floor.

A[25-32] Step hitch lunge. Heel bounce 2x, tap sweep. Syncopated sailor 2x.

1&2&3&4 Step L forward diagonal (10:30), hitch R to L knee, step R to side, Bounce R heel 2x, tap L toe behind R, step back on L and sweep R leg around behind L.

5 6&7&8 2 Syncopated sailor steps: Step R behind L, step L to L side, replace R. Step L behind R, step R to R side, replace L.

PHRASE B: 32 COUNTS

B[1-8] Rock forward, double step R. Touch turn 1/2, heel bounce.

1 2 3&4& Rock forward on R, recover L. Side step to R: R together L 2x.

5 6 7 8& Step R to R diagonal (to 1:30), Touch L forward, touch turn 1/2 (to 7:30), R heel bounce 2x making 1/8 turn (to 9:00) lifting L off the floor.

B[9-16] Syncopated side rock cross 2x, step out, bend knees, hip/knee swivel on L.

1 2& 3 4& Side rock L, replace R, cross L over R. Side rock R, replace L, cross R over L.

5 6 7&8& Step L to L side, bend both knees and swivel toes to diagonal on the spot & place hands on R thigh/knee, swivel L hip/knee out in out in.

B[17-24] Cross Rock, double step L, 3/4 Brush Turn, Shorty George back.

1 2 3&4& Cross Rock front on L, recover R. Side step to L: L together R 2x.

5 6 7&8& Step L 1/4 turn (to 6:00), Brush R forward & pulling in making 3/4 turn to L (to 12:00) touching R in beside L. Shorty George backward R, L, R, L.

B[25-32] Syncopated side rock cross 2x, Point touch in, Hip/heel swivel 2x.

1 2& 3 4& Side rock R, replace L, cross R over L. Side rock L, replace R, cross L over R.

5 6 7&8& Point R to R side, touch in beside L. Feet together swivel Hips and heels L then back to ctr 2x. R arm extended up, L arm extended to L side from shoulder in 'L' shape.

PHRASE C: 32 COUNTS

C[1-8] Mambo 1/2 Turn, Double kick 1/2 turn, Rock B, Hip push 3

1&2 3&4& Step forward R, back on L, 1/2 turn on R (to 6:00). Kick L to side while swiveling R heel 1/4 R (to 9:00), retract kick, then kick L to side while swiveling R heel 1/4 R (to 12:00), step back on L. (Option: 1/2 Turn shuffle instead of Double kick)

5 6 7&8 Rock back R, recover L. Hip push: Step R to R side, L to L side, R to R side.

C[9-16] Step Touch Back 3x, Hip Bump. 1/4 Turn L - 1/2 Turn L.

1&2&3&4& L Step touch R diagonal back (10:30), R touch L (1:30), L touch R (10:30), Hip Bump L up/down.

5 6 7&8& 1/4 L Turn stepping on R (to 7:30), 1/2 L Turn balancing on R & bring L beside R (to 1:30). Feet together swivel Hips and heels L then back ctr 2x. R arm extended up, L arm extended to L side from shoulder in 'L' shape.

C[17-24] . Mambo 1/2 Turn, Double kick 1/2 turn, Rock B, Hip push 3

1&2 3&4& Step forward L, back on R, 1/2 turn on L (to 6:00). Kick R to side while swiveling L heel 1/4 L (to 3:00), retract kick, then kick R to side while swiveling heel 1/4 L (to 12:00), step back on R. (Option: 1/2 Turn shuffle instead of Double kick).

5 6 7&8 Rock back L, recover R. Hip push: Step L to L side, R to R side, L to L side.

C[25-32] Step Touch B 3x, Hip Bump. 1/4 Turn L-3/4 Turn L

1&2&3&4& R Step touch L diagonal back R (1:30), L touch R (10:30), R touch L (1:30), Hip Bump L up/down.

5 6 7&8& 1/4 L Turn stepping L (to 10:30), 3/4 L Turn balancing on L & bring R beside L (sto 1:30). Feet together swivel Hips and heels L then back ctr 2x. R arm extended up, L arm extended to L side from shoulder in 'L' shape.

SHAZAM!!! :D

Ending: Facing 12:00. Step on R angle to the L diagonal/10:30 drop sit into R hip with L knee bent, snap L fingers above eye level, R hand on back of hip. Ya Baby!

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