

Melody

拍數: 64 牆數: 2 級數: Phrased Intermediate cha cha
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音樂: Melody (feat. James Blunt) - Lost Frequencies



Sequence :A BB AA BBB A

PART A: 32 counts

A1: SIDE, ROCK STEP, TRIPLE STEP, ROCK STEP, TRIPLE STEP

1 RF Step R
2 LF Step backwards
3 RF Recover weight
4 LF Step L
& RF Step together
5 LF Step L
6 RF Step backwards
7 LF Recover weight
8 RF Step forward
& LF Step together
9 RF Step forward

A2: ROCK STEP, TRIPLE STEP ¼ TURN L, SWAY

10 LF Step forward
11 RF Recover weight
12 LF Step L with ¼ turn L
& RF Step together
13 LF Step L with sway L
14 Sway R
15 Sway L
16 Sway R

A3: STEP, STEP FWD, ROCK STEP, TRIPLE STEP, ROCK STEP, TRIPLE STEP

17 LF Step forward
18 RF Step forward
19 LF Recover weight
20 RF Step backwards
& LF Step together
21 RF Step backwards
22 LF Step backwards
23 RF Recover weight
24 LF Step forward
& RF Step together
25 LF Step forward

A4: SIDE, BRINGS, TRIPLE STEP, BEHIND, SIDE, STEP ¼ TURN L

26 RF Step R
27 LF Step together recover weight on L
28 RF Step forward
& LF Step together
29 RF Step forward
30 LF Step L
31 RF Cross behind

PART B: 32 counts**B1: ROCK STEP, SWEEP, SAILOR STEP, STEP LOCK, STEP LOCK STEP**

- 1 RF Step forward
- 2 LF Recover weight with sweep RF
- 3 RF Cross behind
- & LF Step L
- 4 RF Step R
- 5 LF Step forward
- 6 RF Step together
- 7 LF Step forward
- & RF Step together
- 8 LF Step forward

B2: STEP LOCK, STEP LOCK STEP, ROCK STEP, TRIPLE STEP $\frac{1}{2}$ TURN L

- 9 RF Step forward
- 10 LF Step together
- 11 RF Step forward
- & LF Step together
- 12 RF Step forward
- 13 LF Step forward
- 14 RF Recover weight
- 15 LF Step L with $\frac{1}{4}$ turn L
- & RF Step together
- 16 LF $\frac{1}{4}$ turn L step L forward

B3: ROCK STEP, SWEEP, SAILOR STEP, STEP LOCK, STEP LOCK STEP

- 17 RF Step forward
- 18 LF Recover weight with sweep RF
- 19 RF Cross behind
- & LF Step L
- 20 RF Step R
- 21 LF Step forward
- 22 RF Step together
- 23 LF Step forward
- & RF Step together
- 24 LF Step forward

B4: STEP LOCK, STEP LOCK STEP, ROCK STEP, TRIPLE STEP $\frac{1}{2}$ TURN L

- 25 RF Step forward
- 26 LF Step together
- 27 RF Step forward
- & LF Step together
- 28 RF Step forward
- 29 LF Step forward
- 30 RF Recover weight
- 31 LF Step L with $\frac{1}{4}$ turn L
- & RF Step together
- 32 LF $\frac{1}{4}$ turn L step L forward

