

A Roll

拍數: 48 牆數: 4 級數: Novice - Country Cha Cha
編舞者: Belén Márquez (ES), Maria Rovira (ES) & Tony García (ES) - August 2018
音樂: On a Roll - Sugarland



STEPS FORWARD, CHA CHA FORWARD, ROCK FORWARD, CHA CHA BACK

1-2 Step right forward, step left forward (12.00)
3&4 Step Right Forward, Step left together, step right forward
5-6 Rock left forward, recover
7&8 Step left back, step right together, step left back

SWAY x2, STEP, HOLD, TOGETHER, STEP, HOLD, TOGETHER, CROSS, UNWIND & FLICK

1-2 Right Sway, Left Sway
3-4 Step right side, hold
&5-6 Step left together, step right side, hold
&7-8 Step left together, cross right over left, turn ½ Left and right flick (6.00)

WALK, WALK, CHA CHA (GIRANDO ¼ ¼ X 2 VECES)

1-2 Step right forward, step left forward (6.00)
3&4 Turn ¼ Left and step right forward, step left together, step right forward (3.00)
5-6 Turn ¼ Left and step left forward, Step right forward (12.00)
7&8 Turn ¼ Left and step left forward, step right together, step left forward (9.00)

STEP TURN, CHA CHA BACK, COASTER SLOW, WALK

1-2 Step right forward, Turn ½ right (weight on right) (3.00)
3&4 Step left back, step right together, step left back
5-6 Step right back, step left together
7-8 Step right forward, Step left forward

RESTART WALL 5 (3.00)

SWAY X 2, BEHIND SIDE CROSS, SWAY X 2, BEHIND SIDE CROSS

1-2 Right Sway, Left Sway
3&4 Cross right behind left, step left side, cross right over left
5-6 Left Sway, Right Sway
7&8 Cross left behind right, step right side, cross left over right

BASICOS DE CHA CHA LATERALES, COASTER SLOW, WALK

1 Long right step side
2&3 Step left together, recover to right, Long Left step side
4&5 Step right together, recover to left, Long right step side
6-7 Step left back, Step left together
8 Step left forward

REPEAT

RESTART: Wall 5 after count 32

END: When the music ends we are dancing in wall 9.00
We have a ¼ right and step left side to end (12.00)