

P & J Cha Cha

拍數: 80 牆數: 1 級數: Beginner
編舞者: Paul Hughes & Judy Silverstein - November 2018
音樂: Whatchugot - Caro Emerald : (Album: Emerald Island EP)



PREP ON RIGHT, ROCK FORWARD, CHASSÉ LEFT, ROCK BACKWARD, CHASSÉ RIGHT

1,2,3 Step to Right with Right foot, Rock forward with Left, Recover weight on Right
4&5 Step Left foot to Left, Step Right beside Left, Step Left to Left
6,7 Rock back on Right, Recover weight to Left
8&1 Step Right to Right, Step Left beside Right, Step Right to Right

ROCK FORWARD, CHASSÉ LEFT, ROCK BACKWARD, CHASSÉ RIGHT

2,3 Rock forward across Right with Left, Recover weight on Right
4&5 Step Left to Left, Step Right beside Left, Step Left to Left
6,7 Rock back on Right, Recover weight to Left
8&1 Step Right to Right, Step Left beside Right, Step Right to Right

CROSS ROCK TO RIGHT, CHA-CHA IN PLACE, CROSS ROCK TO LEFT, CHA-CHA IN PLACE

2,3 Rock Left foot across Right, Recover Weight to Right
4&5 Step Left to Left, Step Right in Place, Step Left in Place
6,7 Rock Right foot across Left, Recover Weight to Left
8&1 Step Right to Right, Step Left in Place, Step Right in Place

CROSS ROCK TO RIGHT, CHA-CHA IN PLACE, CROSS ROCK TO LEFT, CHA-CHA IN PLACE

2,3 Rock Left foot across Right, Recover Weight to Right
4&5 Step Left to Left, Step Right in Place, Step Left in Place
6,7 Rock Right foot across Left, Recover Weight to Left
8&1 Step Right to Right, Step Left in Place, Step Right in Place

1/2 PIVOT, CHASSÉ FORWARD, 1/2 PIVOT, CHASSÉ FORWARD

2,3 Step Left forward, Pivot 1/2 to Right (weight to Right)
4&5 Step Left forward, Step Right beside Left, Step Left forward
6,7 Step Right forward, Pivot 1/2 to Left (weight to Left)
8&1 Step Right forward, Step Left beside Right, Step Right forward

1/2 PIVOT, CHASSÉ FORWARD, 1/2 PIVOT, CHASSÉ FORWARD

2,3 Step Left forward, Pivot 1/2 to Right (weight to Right)
4&5 Step Left forward, Step Right beside Left, Step Left forward
6,7 Step Right forward, Pivot 1/2 to Left (weight to Left)
8&1 Step Right forward, Step Left beside Right, Step Right forward

ROCK, CHASSÉ BACK 3X,

2,3 Rock forward on Left, Recover weight to Right
4&5 Step Left Back, Step Right beside Left, Step Left Back
6&7 Step Right Back, Step Left beside Right, Step Right Back
8&1 Step Left Back, Step Right beside Left, Step Left Back

ROCK, CHASSÉ FORWARD 3X

2,3 Rock Back on Right, Recover weight to Left
4&5 Step forward on Right, Step Left beside Right, Step Right forward
6&7 Step Left forward, Step Right beside Left, Step Left forward
8&1 Step forward on Right, Step Left beside Right, Step Right forward

CUCARACHAS LEFT AND RIGHT

2,3 Rock Left to Left, Recover weight to Right
4&5 Step Left beside Right, Step Right in Place, Step Left in Place
6,7 Rock Right to Right, Recover weight to Left
8&1 Step Right beside Left, Step Left in Place, Step Right in Place

CUCARACHAS LEFT AND RIGHT

2,3 Rock Left to Left, Recover weight to Right
4&5 Step Left beside Right, Step Right in Place, Step Left in Place
6,7 Rock Right to Right, Recover weight to Left
8&1 Step Right beside Left, Step Left in Place, Step Right in Place

Repeat from the beginning, starting with the 2nd count
(Note: all the forward and backward cha-chas can be done as lock steps.)

Contact – Submitted by - Steve Cavanaugh: steve@appleblossom.net
