

# Blue Canary Cha

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 4      級數: Improver Cha Cha  
編舞者: Tara Conaghan (UK) - August 2019  
音樂: Birdhouse In Your Soul - They Might Be Giants



1 - 2      Walk R, walk L  
**Step forward on your R foot then your L**  
3 & 4      R heel grind  
**Step forward on and grind your right heel into the ground, step back in place on R, step back in place on L**  
5 - 6      Sweep back L, sweep back R  
**Sweep L out and step back in a semi-circle, repeat on R**  
7 & 8      L sailor sweep ½ turn  
**Make a ½ turn L by sweeping and stepping L behind R, step R to R side, step L to L side**

1 - 2      Rock out R, recover on L  
**With weight on R foot lean out to R, recover weight on L foot**  
3 & 4      R coaster step  
**Step back on R, step back on L, step forward on R**  
5 & 6 &      Lock step L in a ¼ of a circle  
**Step L and bring in R foot behind it, repeat**  
7 & 8      Lock step L in a ¼ of a circle  
**Step L and bring in R foot behind it, repeat**

1 & 2      R toe heel stomp with a cross  
**Turn R knee in with R toe down, scuff heel diagonally across L, step R foot down**  
3 & 4      L toe heel stomp with a cross  
**Turn L knee in with L toe down, scuff heel diagonally across R, step L foot down**  
5 & 6      Chasse R  
**Step R foot to R, L foot to R, R foot to R**  
7 & 8      L mambo step  
**Quickly step forward on L, backwards onto R, backwards on L**

1 - 2      Walk R, walk L  
**Step forward on R, step forward on L**  
3 & 4      Full triple turn L  
**Turn L in three steps, R, L, R**  
5 - 6      Rock out L, recover on R  
**With weight on L foot, lean to L, recover weight on R**  
7 & 8      1+1/4 triple turn R  
**Turn R in three steps, L, R, L**

**Choreographer's notes: 24 count intro; finishes naturally at the front wall by wall 12 after the heel grind; no tags; 3 restarts – on walls 3, 6 & 8.**

**Those who don't turn can replace them with mambo steps: replace the full triple turn with a R mambo step, the 1+1/4 turn with a ¼ R turning L mambo step. Enjoy!**

**Dedicated to Fern Conaghan, Valentin Stoykov, Gillian Spence, and Keeley Cooper-Spence, for their loyalty and support.**

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