

Cha-Cha Out Loud

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Helaine Norman (USA) - July 2020
音樂: Let's Get Loud - Jennifer Lopez



(Will go to any cha-cha rhythm song without a Tag or Restart)

Intro: 32 start - "loud"

I. ROCK RECOVER SHUFFLE; ROCK RECOVER ¼ TURN CHASSE

1-2 Rock R forward, recover to L
3&4 Shuffle back R-L-R
5-6 Rock L back, recover to R
7&8 Make ¼ turn right and chasse L side L-R-L 3:00

II. ½ TURN PIVOT, ½ SHUFFLE, BACK BACK, COASTER

1-2 Step R forward, make ½ turn left (weight to L) 9:00
3-4 Make ½ turn left shuffle R-L-R
5-6 Step back L-R
7&8 Step L back, step R together, step L forward

III. ROCK RECOVER, CROSSING SHUFFLE, SIDE DRAG, BEHIND, SIDE, CROSS

1-2 Rock R side, recover to L
3&4 Step R over L, step L side, step R over L
5-6 Step L side, drag R together (weight stays left)
7&8 Step R behind, step L side, step R over L

IV. STEP, TOGETHER, TWIST HEELS, VINE

1-2 Step L side, step R together
3-4 Twist both heels R side & L side
5-8 Step R side, step left behind R, step R side, step L over R

Optional for count 8: Step L together

Optional styling to restart with Section I: Sweep R (small) from back over L while pivoting (slightly) on L to restart dance.

Repeat

Contact: Helaine43@gmail.com