

Over The Sea Cha

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Katarina Sherrina (INA) - April 2021
音樂: Nel sole nel mare (Cha cha cha) - Antonella Nuti : (Cha cha cha Music)



INTRO : 32 Counts

S1. ROCK SIDE , RECOVER , TRIPLE STEP (2X)

1 - 2 Step RF to R side - Recover on LF
3 & 4 Step RF next to LF - step LF in place - step RF in place
5 - 6 Step LF to L side - Recover on RF
7 & 8 Step LF next to RF- step RF in place - step LF in place

S2. R/L FORWARD DIAGONAL SHUFFLE, ROCKING CHAIR

1 & 2 Step RF right fwd diagonal - step LF back slightly RF - step RF fwd
3 & 4 Step LF left fwd diagonal - step RF back slightly LF - step LF fwd
5 - 6 Step RF fwd - Recover on LF
7 - 8 Step RF back -Recover on LF

S3 . RIGHT VINE WITH TOUCH , ¼ LEFT VINE WITH TOUCH

1 - 2 Step RF to right side - cross LF behind RF
3 - 4 Step RF to right side - touch LF side RF
5 - 6 Step LF to left side - cross RF behind LF
7 - 8 ¼ turn L step LF fwd - touch RF side LF

S4. (HOP) OUT- OUT- IN- IN , BACK TOE STRUT

&1 - 2 Step RF right fwd diagonal - step LF left fwd diagonal - Hold
&3 - 4 RF back to centre - LF back to centre - Hold
5 - 6 Touch RF toe back - step down RF heel
7 - 8 Touch LF toe slightly back - step down LF heel

NO TAG & NO RESTART

Have Fun & Enjoy This Dance

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