

# Portland Cha EZ

拍數: 32      牆數: 4      級數: Beginner Cha Cha  
編舞者: Martine Canonne (FR) - April 2022  
音樂: Mercy - ValIntn : (Single - iTunes)



Intro : 32 counts (env. 17 secs). – No Tag No Restart

The first steps are inspired by the dance « Portland Cha » written by Amy Glass (USA), Dustin Betts (USA), Jean-Pierre Madge (CH), José Miguel Belloque Vane (NL), Simon Ward (AUS) & Niels Poulsen (DK) but no diagonally □

## [1 – 9] R BACK, ROCK BACK, TRIPLE STEP, STEP TURN, TRIPLE STEP

1 – 3      Step RF back, step LF back, recover onto RF  
4 & 5      Step LF forward, step RF next to LF, step LF forward  
6 – 7      Step LF forward, turn 1/2 left (weight onto LF forward) (06:00)  
8 & 1      Step RF forward, step LF next to RF, step RF forward

## [10 – 17] HOLD, [TOGETHER & STEP] X3, ROCK STEP & SWEEP, SAILOR ¼ L FWD

2      Hold  
&3&4&5      Step LF next to RF, step RF forward, step LF next to RF, step LF forward, step LF next to RF, step RF forward  
Style : make a cuban movement in the forward movements  
6 – 7      Step LF forward, recover onto RF & sweep LF from front to back  
8 & 1      Cross PG behind RF, turn ¼ left stepping RF next to LF, step LF forward (03 :00)

## [18 – 25] WALK R & L, TRIPLE STEP, ROCK STEP, COASTER CROSS

2 – 3      Step RF forward, step LF forward  
4 & 5      Step RF forward, step LF next to RF, step RF forward  
6 – 7      Step LF forward, recover onto RF  
8 & 1      Step ball LF back, step ball RF next to LF, cross LF over RF (03 :00)

## [26 – 32] HOLD, SIDE-CROSS & CROSS, HEEL BOUNCES 1/2 R

2      Hold  
&3&4      Step RF to right side, cross LF over RF, step RF to right side, cross LF over RF  
5 – 8      Turn 1/2 right bouncing both heels on the ground 4 times (weight onto LF) (09 :00)

<http://danseavecmartineherve.fr/>