

Oh My Cha

拍數: 96
編舞者: Jim PAVADÉ (FR) - June 2022
音樂: Oh My God - Adele

牆數: 1

級數: Phrased Intermediate Cha Cha



Sequences A – A (16 counts) - B - C - Tag - A – B - C - B – C – B - A2

The dance starts with the body weight on the LF

Sequence A

Sequence 1: Walk R-L-R, Mambo with ½ turn to L, Full Turn to L, Shuffle ½ Turn to L

1 2 3 RF Fwd, LF Fwd, RF fwd (12:00)
4 & 5 Rock L Fwd, Recover on R, ½ turn L& Step L Fwd (06:00)
6 7 ½ Turn L Step R Back, ½ Turn L Step L Fwd
8 & 1 ¼ Turn L stepping R to R side, Step L next to R, ¼ turn L stepping R Back (12:00)

Sequence 2: Sweep Flick & Point, 3x Hips Bumps, Sailor Step, Rock Step

2 & 3 LF sweep from front to back, LF flick behind RF, LF toe to the side
4 & 5 3 x hips bumps L-R-L
6 & 7 Cross LF behind RF, RF to side, LF slightly to L side
8 & Cross RF behind LF, Recover on LF

Sequence 3: Side Step, Cross Rock-Recover, Chasse, Twist Full Turn with Sweep, Behind-Side-Cross

1 2 3 RF to side, Cross LF over RF, Recover on RF (01:30)
4 & 5 Step LF to L Side, RF next to LF, Step LF to L (12:00)
6 7 Cross RF over LF, Full Turn on RF ending with a sweep of LF from front to back
8 & 1 Cross LF behind RF, RF to side, Cross LF over RF

Sequence 4: R/L Side Switches with ¼ Turn R&L, Touch-Point-Hitch, Behind-Side, Step-Lock-Step, Closed Step

2 & 3 Point RF to R side, Close RF to LF, ¼ turn R - Point LF to L Side (03:00)
& 4 Close LF to RF, ¼ turn L -Point RF to R side (12:00)
& 5 & Touch RF next LF, Point RF to R side, Hitch RF
6 & Cross RF behind LF, LF to side
7 & 8 & RF forward, LF lock behind RF, RF forward, LF closed to RF (switch body weight quickly)

Sequence B (X4)

[1 – 8]: Right Side-Together, Fwd Step-Lock-Step, Left Side-Together, Back Step-Lock-Step

1 2 RF to side, LF closed to RF (12:00)
3 & 4 RF forward, LF lock behind RF, RF forward
5 6 LF to side, RF closed to LF (12:00)
7 & 8 LF back, RF lock over LF, LF back

Repeat these 8 counts on :

Wall 03:00 with ¼ turn to R on step 1

Wall 06:00 with ¼ turn to R on step 1

Wall 09:00 with ¼ turn to R on step 1

Sequence C (X2)

[1 – 8]: ¼ Turn R-Side Step, Cross Rock-Recover, Sailor Step, Turn ¾ to L, 2 Taps

1 2 3 RF to side with ¼ turn to R (12:00), LF cross over RF, Recover on RF
4 & 5 LF cross behind RF, RF to side, LF slightly to side
6 ¼ turn L-RF forward (09:00),

7 Pivot ½ turn L with pointing LF Fwd (03:00), body weight on RF
8 & Tap L toe twice

[9 – 16]: ¼Turn L-Side Step, Cross Rock-Recover, Sailor Step, Turn ¾ to R, 2 Taps

1 2 3 LF to side with ¼ turn to R (06:00), RF cross over LF, Recover on LF with sweep RF
4 & 5 RF cross behind LF, LF to side, RF slightly to side
6 ¼ turn R- LF Fwd (09:00)
7 Pivot ½ turn R pointing RF Fwd (03:00), body weight on LF
8 & Tap R toe twice

TAG

[1 – 4]: Walk X 4

1 2 3 4 4 steps R-L-R-L turning right ¾ turn (you arrive at 12:00)

Enjoy !
