

Cha Cha To Be Alive

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Heru Tian (INA) - July 2022
音樂: Born To Be Alive - Jackson Wang : (From Minions : The Rise of Gru Soundtrack)



No Tag, 1 Restart
Intro : 40 C

****RESTART : During wall 4, dance only 8C, change step into Touch Lf Next to Rf on "8"**

SECTION 1 : R SIDE – L TOGETHER – R BACK – L BACK LOCK SHUFFLE – R ROCK BACK- R SIDE ROCK – L CROSS

123 Step Rf to R Side (1), Step Lf Next to Rf (2), Step Rf Backward (3)
4&5 Step Lf Back (4), Lock Rf over Rf (&), Step Lf Back (5)
67 Rock Rf Backward (6), Recover on Lf (7)
8&1 Rock Rf to R Side (8), Recover on Lf (&), Cross Rf over Lf (1)

****RESTART here :**

During wall 4, dance only 8C, change step into Touch Lf Next to Rf on count "8", and restart the dance facing 6.00

SECTION 2 : HOLD – ¼ TURN R – L SIDE – R BEHIND – HOLD – ¼ TURN R – SYNCOPATED EXTENDED WEAVE TO L – HOLD

2 Hold 1C
&3 ¼ Turn R, Step Lf to L Side (&), Cross Rf behind Lf (3) facing 3.00
4 Hold 1C
&5&6&7 ¼ Turn R, Step Lf to L Side (&), Cross Rf over Lf (5), Step Lf to Side (&), Cross Rf behind Lf
(6), Step Lf to Side (&), Cross Rf over Lf (7) facing 6.00
8 Hold 1C

SECTION 3 : 1/8 TURN R- L SIDE- R TOGETHER – L, R WALK FWD – L FWD LOCK SHUFFLE – R ROCK FWD – R 1/8 TURN R SAILOR SIDE

&1 1/8 Turn R, Step Lf to L Side (&), Step Rf Next to Lf (1) facing 7.30
23 Walk Lf fwd (2), Walk Rf fwd (3)
4&5 Step Lf fwd (4), Lock Rf behind Lf (&), Step Lf fwd (5)
67 Rock Rf fwd (6), Recover on Lf (7)
8&1 1/8 Turn R, Step Rf behind (8), Step Lf to L Side (&), Step Rf to R Side, Push Hip To Right
(1) facing 9.00

SECTION 4 : HOLD – L ½ TURN R HITCH- L SIDE – HOLD -SWAY R&L – 1/8 TURN R- R COASTER STEP

2 Hold 1C
&3 Make a ½ Turn R, Hitch Lf (&), Step Lf to L Side, Push Hip To Left (3) facing 3.00
4 Hold 1C
56 Sway To Right (5), Sway to Left (6)
7&8 1/8 Turn R, Step Rf back (7), Step Lf Next to Rf (&), Step Rf fwd (8) facing 4.30

SECTION 5 : L, R WALK FWD – L FWD LOCK SHUFFLE – R PIVOT ½ TURN L – 3/8 TURN R – R SIDE – L SLOW SWEEP

12 Walk Lf Fwd (1), Walk Rf Fwd (2)
3&4 Step Lf fwd (3), Lock Rf behind Lf (&), Step Lf fwd (4)
5678 Step Rf fwd (5), Pivot ½ Turn L, Step Lf in place (6), 3/8 Turn R, facing 6.00, Step Rf to R
Side, Sweep Lf front to back (7, 8)

SECTION 6 : SYNCOPATED WEAVE TO R- SWAY R&L – SYNCOPATED WEAVE TO L – SWAY L&R

1&2 Step Lf Behind Rf (1), Step Rf to R Side (&), Cross Lf over Rf (2),
34 Step Rf to R Side, Sway to Right (3), Sway to Left (4)
5&6 Step Rf behind Lf (5), Step Lf to L Side (&), Cross Rf over Lf (6)
78 Step Lf to L Side, Sway to Left (7), Sway to Right (8)

SECTION 7 : L, R BACK & TOUCH – HOLD – L KICK BALL POINT – R TOGETHER / L FLICK – L FWD

&1 Step Lf Back (&), Touch Rf fwd (1)
2 Hold 1C
&3 Step Rf Back (&), Touch Lf fwd (3)
4 Hold 1C
5&6 Kick Lf fwd (5), Step Lf Next to Rf (&), Point Rf to R Side (6)
78 Close Rf Next to Lf, Flick Lf Behind (7), Step Lf fwd (8)

SECTION 8 : R PIVOT ½ TURN L- R FWD LOCK SHUFFLE – L MONTEREY ½ TURN L – R TOUCH

12 Step Rf fwd (1), Pivot ½ Turn L, Step Lf in place (2) facing 12.00
3&4 Step Rf fwd (3), Lock Lf Behind Rf (&), Step Rf fwd (4)
5678 Point Lf to L Side (5), Make a ½ Turn L, Step Lf Next to Rf (6), Point Rf to R Side (7), Touch Rf Next to Lf (8) facing 6.00

Begin the dance

Pls enjoy the dance.. Tianproduction79@gmail.com
