

Sweet and Gentle Cha Cha

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Rika Djamhari (INA) - August 2022
音樂: Sweet and Gentle - Me Lo Dijo Adela - Flora Martinez & Louis Amanti : (Me Lo Dijo Adela)



Intro: 32 Counts - No tag, 1x restart

S1. BACK ROCK - FORWARD LOCK SHUFFLE - WALK L/R - BACK LOCK SHUFFLE

1-2. Rock R back, recover on L
3&4. Step R forward, cross L behind R, step R forward
5-6. Step L forward, step R forward
7&8. Step L back, cross R over L, step L back

S2. FULL TURN SHUFFLE - BACK ROCK - TURN BACK LOCK SHUFFLE

1&2. 1/4 turn to right and step R to side, step L together, 1/4 turn to right and step R forward
3&4. 1/4 turn to right and step L to side, step R together, 1/4 turn to right and step L back
5-6. Rock R back, recover on L
7&8. 1/2 turn to left and step R back, cross L over R, step R back (06:00)

S3. SIDE ROCK - CROSS SHUFFLE - SIDE ROCK - CROSS SHUFFLE

1-2. Rock L to side, recover on R
3&4. Cross L over R, step L to side, cross L over R
5-6. Rock R to side, recover on L
7&8. Cross R over L, step L to side, cross R over L

S4. TURN AND FORWARD SHUFFLE - TURN AND WALK R/L - TURN FORWARD - CLOSE - SWAY R/L/R/L

1&2. 1/4 turn to left and step L forward, step R together, step L forward (03:00)
3-4. 1/4 turn to left and step R forward, step L forward (12:00)

*** Restart here on wall 8**

5-6. 1/4 turn to left and step R forward, close L beside R (09:00)
7&8&. Weight on both feet and sway hips right, left, right, left

Start Again!

*** Restart on wall 8 after 28 counts (Facing 03:00)**

Enjoy the dance!

Contact: rika.djamharie@gmail.com