

Left & Right Cha

拍數: 32 牆數: 2 級數: Phrased High Beginner - Cha Cha
編舞者: Mike Liadouze (FR) - December 2022
音樂: Left Right Left - Charlie Puth



Introduction: 8 counts (On the word « now ») Sequence: AA tag BB AA tag BB AA BBB*

PART A (16 counts) :

[1-8] FORWARD, ROCK FORWARD, CHACHA BACK, ROCK BACK, CROSS SAMBA

1-2-3 Step RF forward, Rock step LF forward, Recover on RF back
4&5 Step RF side, Cross LF over RF, Step RF side, Touch LF together
6-7 Rock step RF back, Recover on LF forward
8&1 Cross RF over LF, Rock step LF side, Recover on RF side

[9-16] CROSS ROCK, CHACHA ¼ TURN L, STEP ¼ TURN L, TIME STEP

2-3 Cross rock LF over RF, Recover on RF behind LF
4&5 Step LF side, Step RF together, ¼ turn L... Step LF forward (9:00)
6-7 Step RF forward, ¼ turn L... Step LF side (6:00)
8& Step RF together, Step LF together

TAG (16 counts) :

[1-8] FIGURE 8 w/ ¼ TURN L

1-2-3-4 Step RF side, Cross LF behind RF, ¼ turn R... Step RF forward, Step LF forward (3:00)
5-6-7-8 ½ turn R. Step RF forward, ¼ turn R... Step LF side, Cross RF behind LF, ¼ turn L. Step LF forward (9:00)

[9-16] WALK AROUND 1 ¾ TURN L, V STEP w/ JUMP & CLAP

1-2 Start walking around in a circle stepping R, L making ¾ turn L... (12:00)
3&4& Continue circle almost in place running R, L, R, L arms out like a plane making 1 turn L... (12:00)

Easy option : For counts 1-4& only make ¾ turn L... (12:00)

5-6-7-8 Step RF out to R diagonal, Step LF out to L diagonal, Step RF in, Jump both feet together clapping hands (weight on LF)

PART B (16 counts) :

[1-8] 3x WALKS FORWARD, 2x STEP TOUCH w/ ARM MOVEMENT

1-2-3-4 Step RF forward, Step LF forward, Step RF forward, Touch L toe together
5-6 Step LF side presenting L arm side and looking L, Touch R toe together
7-8 Step RF side presenting R arm side and looking R, Touch L toe together

[9-16] 2x JUMPS DIAGONALLY BACK, SLOW COASTER STEP, ½ TURN R w/ TOUCH

&1-2 Step LF diagonally back, Touch RF together angling body L with hands up and both index pointing down, HOLD
&3-4 Step RF diagonally back, Touch LF together angling body R with hands up and both index pointing down, HOLD
5-6-7 Step LF back, Step RF together, Step LF forward (option : hands on head)
8 ½ turn R... Weight stays on L touch R toe forward (6:00)

*Ending : On last B count 16 don't do the last ½ turn, just press R toe forward angling body L popping shoulders R, L, R (8&1)

Musicality : On last B you can also try to hit the drum beats with a chest pop on counts 9, 11, 13, 14, 15
Have FUN !!! ☐

