

Dance Floor Cha Cha

拍數: 96 牆數: 0 級數: Phrased Improver
編舞者: Kenny Teh (MY) - March 2023
音樂: Dance Floor (舞池) - Pai Bing Bing (白冰冰)



Start dance immediately on drum beat:

Dance sequence: Intro, 96, 80, Intro, 96

INTRO: DRUM BEAT (as shown in video)

1 2 3 4 Stomp R , stomp L, hold, hold
5 6 7 8 Tap R diagonally forward 4 counts

1 2 3 4 Tap L diagonally forward 4 times
5 6 Bring R back, bring L back together
7 8 Rotate shoulders

1 2 3 4 Cross L over R
5 6 7 8 Unwind right full turn

1 2 3&4 Rock L forward, recover R, back shuffle LRL
5 6 7&8 Rock R back, recover L, forward shuffle RLR

1 2 3&4 Rock L forward, pivot right ½ turn (6.00) onto R, ½ right turn (12.00) back shuffle LRL
5 6 7&8 Rock R back, recover L, forward shuffle RLR

1 2 3 4 Rock L, hold, rock R, hold
5 6 7 8 Roll hips left, right, left, right

S1

1 2 3&4 Step L forward, step R forward, bump LRL
5 6 7&8 Step R forward, step L forward, bump RLR

S2

1 2 3&4 Rock L forward, recover R, ½ left turn (6.00) forward shuffle LRL
5&6 7&8 ½ left turn (12.00) Back shuffle RLR, ½ left turn(6.00) forward shuffle LRL

S3

1-2 3&4 Rock R forward, ¼ left turn (3.00) recover L, cross chasse RLR
5 6 7&8 Rock L to left, recover R, cross chasse LRL

S4

1 2 3 4 Rock R to right, recover L, ½ right turn (9.00) sailor step
5 6 7&8 Rock L to right, recover R, ¾ left turn (12.00) sailor step

S5

1 2 3 4 Step R diagonally forward right, step L together, Step R diagonally forward right, touch L together
5 6 7&8 Big step L to left bending L knee right toe pointing right, swing right hand in a circle

S6

1 2 3 4 Making ½ right turn (6.00) step RLR touch L to left

5 6 7 8 Making ½ left turn (12.00) step LRL touch R to right

S7

1 2 3 4 Cross R over L, step L back, step R to right, cross L over R

5 6 7 8 Cross R over L, step L back, step R to right, cross L over R

S8

1 2 3 4 Step R, step L behind, step R, touch L

5 6 7 8 Step L, cross R behind L, step L to left, touch R

S9

1 2 3 4 Step R diagonally forward right, step L diagonally forward left, step R back, step L beside

5 6 7 8 Step R diagonally forward right, step L diagonally forward left, step R back, step L beside

S10

1&2 3&4 Shuffle back RLR, shuffle back LRL

5&6 7&8 Shuffle back RLR, shuffle back LRL

S11

1 2 3 4 Step R diagonally forward right, step L diagonally forward left, step R back, step L beside

5 6 7 8 Step R diagonally forward right, step L diagonally forward left, step R back, step L beside

S12

1&2 3&4 Shuffle forward RLR, shuffle forward LRL

5&6 7&8 Walk forward RLR, touch L
