

First Cha (Walker-Rollator)

拍數: 16 牆數: 2 級數: Walker
編舞者: María Lippe (SWE)
音樂: Un Momento Alla - Rick Trevino
或: Over the Rainbow - Scooter Lee
或: Something Stupid - Scooter Lee



(Walker modifications provided by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Note Counts '8 &' start a right chasse, ending with Count 1 of next wall.

Side, Rock, Recover

- 1 Step slightly right to right side (within walker space)
- 2 Rock forward on left
- 3 Recover onto right

Left Chasse, Back Rock, Recover

- 4 Step left to left side (within walker space).
- & Close right beside left.
- 5 Step left to left side (within walker space).
- 6 Rock right back
- 7 Recover onto left

Right Forward Shuffle (beginning 1/2 turn right), Step Left, Step Right

- 8 & 1 (beginning right turn) Step right forward. Close left beside right. Step right forward
- 2 Step left forward,
- 3 Step right forward

Left Forward Shuffle (completing 1/2 turn right), Hip Sways, Side, Close

- 4 & 5 Step left forward. Close right beside left. Step left forward completing half turn right
 - 6 Rock right to right side, swaying hips right
 - 7 Recover onto left, swaying hips left
 - 8 & Step right to right side. Close left beside right (within walker space)
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