

Unchain My Heart - Cha Cha

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: In suk Ju (KOR) - January 2024
音樂: Cha cha sounds/ Unchain My Heart/ GubaydullinMusic



Sec. 1) Cross rock, Side shuffle, Cross rock, 1/4L shuffle turn

1-2 Cross Rock RF over LF(1) Recover on LF(2)
3&4 RF to R side(3), LF next to RF(&), RF to R side(4)
5-6 Cross Rock LF over RF(5) Recover on RF(6)
7&8 LF to side (7) , RF next to LF(&), 1/4L LF forward(8)(9:00)

Sec. 2) Rock forward, Side mambo, Rock forward, Side mambo

1-2 Rock RF forward(1), Recover on LF(2)
3&4 Rock RF to R side(3), Recover on LF(&), RF next to LF(4)
5-6 Rock LF forward(5), Recover on RF(6)
7&8 Rock LF to L side(7), Recover on RF (&), LF next to RF(8)

Sec. 3) 1/2L pivot, Forward shuffle, Rock forward, 1/2L shuffle turn

1-2 RF forward(1), 1/2L LF forward(2)
3&4 RF forward(3), LF behind RF(&). RF forward(4)(3:00)
5-6 Rock LF forward(5), Recover on RF(6)
7&8 1/4L LF to L side (7) (12:00), RF next to LF(&), 1/4L LF forward(8) (9:00)

Sec. 4) Rock forward. 1/2R shuffle turn, Rock side, Triple step(2)

1-2 Rock RF forward (1). Recover on LF(2)
3&4 1/4R RF to R side (3)(12:00), LF next to RF(&), 1/4R RF forward(4) (3:00)
5-6 Rock LF to L side(5), Recover on RF(6)
7&8 LF next to RF(7) RF in place(&), LF in place(8)

No tags

Restart: Dance 16 counts of (Wall 9) & then restart from the beginning facing (9:00)
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Last Update: 7 Feb 2024