

Slow Cha in SF

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: V. Allen L. Isidro (USA) - April 2024
音樂: Slow Dance - Scotty McCreery



Note: Inspired while teaching BHNC (Bernal Heights Neighborhood Center in San Francisco) seniors Lupe (91 yrs old) and Maura (81 yrs old) how to do country shuffle (cha cha)

Set 1 Rock forward, recover, shuffle in place, rock back, recover, shuffle in place

1-2, 3&4 Forward L – recover R – shuffle L-R-L

5-6, 7&8 Back R – recover L – shuffle R-L-R

Set 2 Cross rock, recover, side chasse, cross rock, recover, side chasse

1-2, 3&4 Cross L over R – recover R – side shuffle L-R-L

5-6, 7&8 Cross R over L – recover L – side shuffle R-L-R

Set 3 Weave right, left rocking chair

1-2-3-4 Cross L – side R - behind L – side R

5-6-7-8 Forward L – recover R – back L – recover R

Set 4 ¼ turning cha-cha box

1-2, 3&4 ¼ turning side L – together R – forward shuffle L-R-L (3:00)

5-6, 7&8 Side R – together L – coaster shuffle R-L-R

Tag 1-2-3-4 Forward L - together touch R - back R - together touch L (after wall 3 facing 12:00) before restart

START ALL OVER ON NEW WALL

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