

# My Simple Cha

**COPPER KNOB**  
BY SHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Thomas C. Tam (CAN) - February 2025  
音樂: Sway (Mucho Mambo) - Barbados  
或: Sway (Cha Cha / 30 BPM) - Ross Mitchell, His Band and Singers



**Alternate (slower rhythm): Sway by Ross Mitchell His Band & Singers**

**Start on the word "start"**

## **CROSS, RECOVER, RIGHT SHUFFLE; CROSS, RECOVER, LEFT SHUFFLE**

1-2            Cross R over L, recover on L  
3&4           Right side shuffle R, L, R  
5-6           Cross L over R, recover on R  
7&8           Left side shuffle L, R, L

## **FORWARD, 1/2 LEFT TURN WITH L LEG HOOK, STEP LOCK STEP; FORWARD, TOUCH, BACK LOCK BACK**

1-2            Step R forward, turn ½ left with weight on R lifting L across R (6:00)  
3&4           Step L forward, lock R behind L, step L forward  
5-6           Step R forward, touch L behind R  
7&8           Step L back, lock R in front of L, step L back

## **BACK, RECOVER, FORWARD, ¼ LEFT TURN, CROSS; SIDE, RECOVER, CROSS SIDE CROSS**

1-2            Step R back, recover on L  
3&4           Step R forward, turn ¼ left with weight on L, cross R over L (9:00)  
5-6           Step L to left, recover on R  
7&8           Cross L over R, step R to right, cross L over R

## **SIDE, RECOVER, CROSS SIDE CROSS; FORWARD, RECOVER, SAILOR, SIDE**

1-2            Step R to right, recover on L  
3&4           Cross R over L, step L to left, cross R over L  
5-6           Step L forward, recover on R  
7&8           Step L behind R, step R next to L, step L to left

**Restart & Enjoy**

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