

Contra Chaos

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Mark Furnell (UK) & Chris Godden (UK) - April 2025
音樂: La Bamba (bongo mix) - Monkey Circus



Intro: 48 Counts, Start at approx 35 secs

Note: Dance can be danced in contra two lines facing each other

SEC 1 Vine, 3 Count Jazzbox, Cross Shuffle

1-2-3 Step right to right, step left behind right, step right to right
4-5-6 Cross left over right, step right back, step left to left
7&8 Cross right over left, step left beside right, cross right over left

SEC 2 Vine, 3 Count Jazzbox, Shuffle

1-2-3 Step left to left, step right behind left, step left to left
4-5-6 Cross right over left, step left back, step right to right
7&8 Step left forward, step right beside left, step left forward

SEC 3 Walk x3, Hold, ½ Heel Bounces

1-2 Step right forward, step left forward
3-4 Step right forward, hold
5-6 Turn ¼ left bounce both heels, turn ¼ left bounce both heels (9:00)
7-8 Turn ¼ left bounce both heels, turn ¼ left bounce both heels transferring weight on to left (6:00)

SEC 4 Side Rock, Weave, Side Rock, Weave

1-2 Rock right to right, recover weight on to left
3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left to left, recover weight on to right
7&8 Step left behind right, step right to right, cross left over right

Please note that all hold in the next sections can be replaced with a clap

SEC 5 Side, Hold, Ball Side, Hold, Together, ¼ Step, Step, ¾ Pivot, Side

1-2 Step right to right, hold clap hands
&3-4 Step left beside right, step right to right, Hold clap hands
&5-6 Step left beside right, turn ¼ right step right forward, step left forward (9:00)
7-8 Pivot ¾ right transferring weight onto right, step left to left (6:00)

SEC 6 Weave, Jump Forward, Hold, Jump Forward, Hold

1-2 Step right behind left, step left to left
3-4 Cross right over left, step left to left
&5-6 Step right forward, step left to left, hold
&7-8 Step right forward, step left to left, hold

SEC 7 Full Box

1-2 Turn ¼ left step right to right, hold (3:00)
3-4 Turn ¼ left step left to left, hold (12:00)
5-6 Turn ¼ left step right to right, hold (9:00)
7-8 Turn ¼ left step left to left, hold (6:00)

Tag At the End of Walls 4, 6, 7 And 8

Full Box

1-2 Turn $\frac{1}{4}$ left step right to right, hold
3-4 Turn $\frac{1}{4}$ left step left to left, hold
5-6 Turn $\frac{1}{4}$ left step right to right, hold
7-8 Turn $\frac{1}{4}$ left step left to left, hold

This is a party dance and can be danced in contra lines facing each other
