

Lace Across Cha (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Pete Ostrander (USA) & Mel Ostrander (USA)
音樂: Commitment - LeAnn Rimes



Position: Start in closed position line of dance

MAN

ROCK RECOVER, CHA, ROCK RECOVER CHA

1-4 Rock to left on left, recover on right, cha in place
5-8 Rock to right on right, recover on left, cha in place

ROCK FORWARD CHA, ROCK SIDE CHA

9-12 Rock forward on left, recover on right cha in place raising left hand up drop right hand
10-16 Rock side on right, recover on left, cha in place moving slightly to left. Place right hand behind so woman can take right dropping left hand hold.

WALK WALK CHA, CROSS SIDE CROSS SIDE CROSS

17-20 Taking small steps walk forward left, right, cha in place turning ¼ turn right. Raising right hand twirl lady to the right 1 & ¼ turns coming to butterfly position(hands joined arms out to sides)
21-24 Cross right over left, step side left, cha (cross right over left, step side left, cross right over left)

LACE ACROSS CHA, LACE ACROSS CHA

25-28 Raise left hand drop right hand walk behind lady to ladies right side(outside circle) left, right, cha forward, left, right, left
29-32 Walk forward right, left, cha in place drop left hand pick up ladies left with your right, twirl lady to the left ½ turns to end in closed position LOD

VARIATION TO DO DANCE AS A MIXER

29-32 Walk forward turning ½ to the right, left, take left hand of girl behind you cha in place turning ½ to the right with new partner twirling lady ½ to the left to closed position LOD

REPEAT

WOMAN

ROCK RECOVER, CHA, ROCK RECOVER, CHA

1-4 Rock to right on right, recover on left, cha in place
5-8 Rock to left on left, recover on right, cha in place

ROCK BACK CHA, VINE LEFT CHA

9-12 Rock back on right, recover stepping forward on left, cha forward. Raising right hand lady goes under raised hands.
10-16 Step out to left on left, step behind left on right, cha in place drop right hand hold, pick up mans right with left.

TURN TWO CHA, CROSS SIDE, CROSS SIDE CROSS

17-20 Stepping back on right begin 1 & ¼ turn to the right, step forward on left completing turn, cha in place coming to butterfly position
21-24 Cross left over right, step side right, cha (cross left over right, step side right, cross left over right)

LACE ACROSS CHA, LACE ACROSS ½ TURN CHA

- 25-28 Raise right hand drop left hand walk in front of man to mans left (inside circle), right, left cha forward right, left, right.
- 29-32 Walk forward left, right, cha in place drop left hand raise right hand twirl under raised hands ½ turn to the left to come to closed position LOD

VARIATION TO DO DANCE AS A MIXER

- 29-32 Walk forward left, right, reach left hand to man in front raise hands cha in place twirling ½ to the left, right, left to closed position LOD

REPEAT
