

Latin Express

COPPER KNOB
STEPPERS

拍數: 32

牆數: 4

級數: Improver / Easy Intermediate - Cha
Cha (Cuban)



編舞者: Michele Perron (CAN)

音樂: Sofia - Son By Four

Introduction: 48 Counts (once heavy beat kicks in) Suggest you fade the music. - CCW Rotation

Alt. Music: Mercy - Glee Cast (136 bpm)

Introduction: 64 Counts (16 + 48) begin on lyrics

SEC. I (1-9) WEAVE LEFT, BACK/BREAK, RECOVER/FORWARD, CHA CHA

- 1,2 LEFT Step side L, RIGHT Step crossed behind L
- 3,4 LEFT Step side L, RIGHT Step across front of L
- 5,6 LEFT Step side L, RIGHT Break/Step back
- 7 LEFT Recover/Step forward
- 8&1 RIGHT Cha Cha side R [R Step side, L Step beside, R Step side]

SEC. II (10-15) FORWARD/BREAK, ROCK/BACK, CHA CHA WITH 1/4 TURN RIGHT, BACK/BREAK, ROCK/FORWARD

- 2,3 LEFT Break/Step forward, RIGHT Recover/Step back
- 4&5 LEFT Cha Cha with 1/4 Turn R [L Step side, R Step beside, L Step back with 1/4 turn R] [3 o'clock]
- 6,7 RIGHT Break/Step back, LEFT Recover/Step forward

SEC. III (16-23) THREE CHA CHA FORWARDS, FORWARD/BREAK, ROCK/BACK

- 8&1 RIGHT Cha Cha forward [R Step forward, L Step beside, R Step forward]
- 2&3 LEFT Cha Cha forward [L Step forward, R Step beside, L Step forward]
- 4&5 RIGHT Cha Cha forward [R Step forward, L Step beside, R Step forward]
- 6,7 LEFT Break/Step forward, RIGHT Recover/Step back

SEC. IV (24-32) CHA CHA TURN, WALK, WALK, STUTTER TAPS *: R, L, STOMP

Styling Note: Stutter Taps: 'HIT' Toe/Ball of Foot against floor with force, as in Flamenco dance.

- 8&1 LEFT Cha Cha with 1/2 Turn L [L Step side with 1/4 Turn L, R Step beside L, L Step forward with 1/4 Turn L] [9 o'clock]
- 2,3 RIGHT Step forward; LEFT Step forward
- 4&5 'HIT' RIGHT Toe/Ball beside L, 'HIT' RIGHT Toe/Ball slightly diagonal R forward, RIGHT Stomp (Down) slightly diagonal R forward
- 6&7 'HIT' LEFT Toe/Ball beside R, 'HIT' LEFT Toe/Ball slightly diagonal L forward, LEFT Stomp (Down) slightly diagonal L forward
- 8 RIGHT Stomp (Down) beside L

Begin Again

Latin Express makes a good "floor split" for Intermediate/Advanced Cha Cha Line Dances.

Such as - Cry To Me, Divisadero Cha, Stand By Me, Basha, Cha Cha Tonight, etc.....

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