

Lone Star Cha Cha

拍數: 48 牆數: 0 級數:
編舞者: Jo Thompson Szymanski (USA)
音樂: Put Some Drive In Your Country - Travis Tritt



CROSS-OVER FORWARD ROCK STEPS:

1 Stepping across right leg, rock forward on left foot,
2 Rock back on right foot,
3&4 Cha-cha in place left-right-left.

5-8 Stepping across left leg, rock forward on right foot, rock back on left foot, and cha-cha in place (right-left-right)

ON LEFT, PIVOT TO RIGHT FOR A FULL TURN:

9-12 Stepping on left foot (pivoting on right), then right, turning full turn to right in two steps. Cha-cha to left side (left-right-left).

ROCK BACK ON RIGHT:

13-16 Stepping behind left leg, rock back on right foot, up on left. Cha-cha to right side, (right-left-right).

4 HIP-WALKS FORWARD:

17-24 Step forward on left foot & swing hips (left-right-left); step forward on right foot & swing hips (right-left-right). Repeat to left & right. (each hip-walk is 2 counts).

ROCK FORWARD ON LEFT:

25-28 Rock forward on left foot; rock back on right foot. Cha-cha back on left (left-right-left).

ROCK BACK ON RIGHT AND CHA-CHA ½ TURN LEFT:

29-32 Rock back on right foot; rock forward on left foot. Cha-cha right (right-left-right) while turning ½ turn to left.

ROCK BACK ON LEFT AND CHA-CHA ½ TURN RIGHT:

33-36 Rock back on left foot; rock forward on right foot. Cha-cha left (left-right-left) while turning ½ turn to right.

ROCK BACK ON RIGHT:

37-40 Rock back on right foot; rock forward on left. Cha-cha right.

¾ TURN TO RIGHT AND CLAP:

41-44 Cross left foot over right & turn ¾ turn to right. Clap on 4th count.

"THE ELVIS"

45-48 Swing hips to left, while bending right knee inward. Swing hips to right, while bending left knee inward. Repeat on left, then right.

REPEAT