

Meditation Cha

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver social cha
編舞者: Paul Dornstedt (USA) & Karla Dornstedt (USA)
音樂: Playa Silencio - Dave Sheriff



SIDE, ROCK, CROSS - AND - CROSS, ¼ TURN RIGHT, ¼ RIGHT TOUCH, CROSS - AND - CROSS

1-2 Step left side left, rock right behind left
3&4 Recover weight forward and across right on left, step right side right, cross left over right
5-6 Turn ¼ right and step forward on right, turn ¼ right on the ball of right and touch left side left (6:00)
7&8 Cross left over right, step right side right, cross left over right

SIDE, BRUSH, STEP - TOGETHER - STEP CROSS, BACK, ¼ RIGHT, CROSS

1-2 Step right to right forward diagonal, brush left to left forward diagonal
3&4 Step left to left forward diagonal, step right next to left, step left to left forward diagonal
5-6 Cross right over left, step back on left
7-8 Turn ¼ right and step right side right, cross left over right (9:00)

SWAY, SWAY, BEHIND-AND-CROSS, TURN ¼ LEFT SWAY FORWARD, SWAY BACK, SHUFFLE FORWARD

1-2 Sway right side right, sway left side left
3&4 Cross right behind left, step left side left, cross right over left
5-6 Turn ¼ left and sway forward on left, sway back on right (6:00)
7&8 Step forward on left, step right next to left, step forward on left

ROCK FORWARD, RECOVER, TURN ½ RIGHT SHUFFLE FORWARD, FORWARD, TURN ¼ RIGHT, ROCK FORWARD, RECOVER

1-2 Rock forward on right, recover weight back on left
3&4 Turn ½ right and shuffle forward, right, left right (12:00)
5-6 Step forward on left, turn ¼ right and step right side right (3:00)
7-8 Cross rock left over right, recover weight back on right

REPEAT

ENDING: (OPTIONAL)

The last rotation starts on the 6:00:00 wall, dance through step 29, then do a ½ turn right cha-cha
ROCK FORWARD, RECOVER, TURN ½ RIGHT SHUFFLE FORWARD, FORWARD, TURN ½ RIGHT, TOGETHER, FORWARD

1-2 Rock forward on right, recover weight back on left
3&4 Turn ½ right and shuffle forward, right, left right
5 Step forward on left,
6&7 Turn ½ right and cha, cha forward right, left, right (12:00)
