

M.G. Cha Cha

拍數: 64 牆數: 2 級數:
編舞者: Ed Lawton (UK)
音樂: My Girl - Alabama



ROCK, SHUFFLE, ROCK, SHUFFLE, ¼ TURN LEFT

1-2 Rock forward on left foot, rock back on right foot
3&4 Left shuffle back
5-6 Rock back on right foot, rock forward on left foot
7&8 Right side shuffle, making a ¼ turn left

CROSS ROCK, SHUFFLE ¼ TURN LEFT, PIVOT ½ TURN LEFT, SHUFFLE

9-10 Left foot cross in front of right, rock back onto right foot
11&12 Left side shuffle making a ¼ turn left
13-14 Right foot step forward, pivot ½ turn left
15&16 Right shuffle forward

¼ TURN SWEEP, TRIPLE STEP, ROCK SHUFFLE

17-18 Left foot sweep around in front of right, turning ¼ right on right foot
19&20 Right foot step back, left foot lock in front of right, right foot step back
21-22 Rock back on left foot, rock forward on right foot
23&24 Left shuffle forward

½ TURN SWEEP, TRIPLE STEP, ROCK SHUFFLE

25-26 Right foot sweep around in front of left turning ½ left on left foot
27&28 Left foot step back, right foot lock in front of left, left foot step back
29-30 Rock back on right foot, rock forward on left foot
31&32 Right shuffle forward

POINT, CROSS SHUFFLE, ROCK, CROSS SHUFFLE (REPEAT)

33-34 Left toe point out to left side, hold
35&36 Left foot cross in front of right, right foot step to right side, left foot cross in front of right foot
37-38 Right foot rock out to right side, left foot rock back to left side
39&40 Right foot cross in front of left foot, left foot step to left side, right foot cross in front of left foot
41-48 Repeat counts 33-40

ROCK, ¼ TURN (3 TIMES) ROCK, ROCK

49-50 Left foot rock out to left side, right foot rock to right side turning ¼ right
51-52 Left foot rock out to left side, right foot rock to right side turning ¼ right
53-54 Left foot rock out to left side, right foot rock to right side turning ¼ right
55-56 Left foot rock out to left side, right foot rock to right side

CROSS, POINT, CROSS, POINT, ½ PIVOT TURN, ½ PIVOT TURN

57-58 Left foot cross in front of right, right foot point toe to right side
59-60 Right foot cross in front of left, left foot point out to left side
61-62 Left foot step forward, pivot ½ turn right
63-64 Left foot step forward, pivot ½ turn right

REPEAT