

M.G. Cha Cha

拍數: 64 牆數: 0 級數:
編舞者: Diane Jackson (UK)
音樂: My Girl - Alabama



Position: Right Side By Side Position

This partner dance was devised by Diane Jackson from the original line dance choreography by Edward Lawton.

ROCK SHUFFLE ROCK ¼ TURN SHUFFLE

1-2 Rock forward on left, rock back on right
3&4 Shuffle back on left, right, left
5-6 Rock back on right, rock forward on left
7&8 Make a ¼ turn left as you side shuffle on right, left, right (raise right arm over lady's head)

CROSS ROCK SHUFFLE ¼ TURN ½ PIVOT SHUFFLE

9-10 Cross left over right, rock back on right
11&12 Side shuffle making a ¼ turn left on left, right, left
13-14 Step forward right, pivot ½ turn left (raise left arm take over lady's head)
15&16 Shuffle forward on right, left, right

SWING STEP LOCK STEP BACKWARDS, ROCK, SHUFFLE

17-18 Swing left over right, step left over right
18&20 Step back on right, lock left in front of right, step back on right
21-22 Rock back on left, rock forward on right
23&24 Shuffle forward on left, right, left

SWING STEP LOCK STEP BACKWARDS, ROCK, SHUFFLE

25-32 Repeat steps 17-24 starting with right foot

POINT, HOLD SHUFFLE, ROCK SHUFFLE

33-34 Point left toe to left side, hold
35&36 Left shuffle forward
37-38 Rock right on right, rock left to left
39&40 Right shuffle forward
41-48 Repeat counts 33-40

4 X ¼ MILITARY TURNS

49-50 Step forward left, make a ¼ turn right(raise right arms)
51-56 Repeat counts 49-50 three more times

CROSS POINT CROSS POINT ½ PIVOT TWICE

57-58 Step left across right, point right to right
59-60 Step right across left, point left to left
61-62 Step forward on left, pivot ½ turn right (raise right arms)
63-64 Step forward on left, pivot ½ turn right

REPEAT