

Move In Time Cha (P)

拍數: 48 牆數: 0 級數: Partner
編舞者: Mark Caley (UK) & Jan Caley (UK)
音樂: La Casa De Ines - Jimmy John Eskenazy



Position: Facing each other in Closed Country western Position

MAN'S STEPS

SIDE, TOGETHER, TRIPLE, SIDE, TOGETHER, TRIPLE

1-2 Right step to side, close left beside right
3&4 Right triple back right, left, right (cha, cha, cha)
5-6 Left step to side, close right beside left
7&8 Left triple forward left, right, left (cha, cha, cha)

ROCK, RECOVER, SHUFFLE, ROCK RECOVER SHUFFLE (LADY FULL TURN RIGHT)

9-10 Rock forward on right, recover weight to left
11&12 Right shuffle back right, left, right
13-14 Rock back on left, rock forward on right

Man raise's left hand

15&16 Left triple slightly forward left, right, left

WALK, WALK, SHUFFLE, ¼ TURN, ROCK, RECOVER, ½ TURN TRIPLE

17-18 Walk forward right, left
19&20 Right shuffle forward right, left, right
21-22 Make ¼ turn right and rock forward on left, rock back on right
23&24 Triple turn ½ turn left stepping left, right, left

PIVOT ½ TURN, TRIPLE ¼ TURN, ROCK, RECOVER, TRIPLE IN PLACE

25-26 Step forward on right, pivot ½ turn left (weight on left)
27&28 Right triple step making ¼ turn left right, left, right

Now facing each other, with cross hands

29-30 Rock back on left, recover on right
31&32 Left triple step in place left, right, left

ROCK, RECOVER, (LADY TURN RIGHT) TRIPLE STEP, WALK LEFT, RIGHT MAKING ½ TURN, TRIPLE STEP

33-34 Rock back on right, recover on left

Raise hands as lady turns

35&36 Right triple step in place right, left, right
37-38 Walk forward left, right, making ½ turn left

Man turns under his own left arm then right

39&40 Left triple step in place left, right, left

Having changed sides, to face each other

ROCK, RECOVER (LADY FULL TURN RIGHT), TRIPLE IN PLACE, ROCK, RECOVER, SHUFFLE

41-42 Rock back on right, recover on left

Raise hands as lady turns

43&44 Right triple step in place right, left, right
45-46 Rock forward on left, rock back on right
47&48 Left triple step back left, right, left

REPEAT

LADY'S STEPS

SIDE, TOGETHER, TRIPLE, SIDE, TOGETHER, TRIPLE

- 1-2 Left step to side, close right beside left
- 3&4 Left triple forward left, right, left (cha, cha, cha)
- 5-6 Right step to side, close left beside right
- 7&8 Right triple back right, left, right (cha, cha, cha)

ROCK, RECOVER, SHUFFLE, ROCK RECOVER SHUFFLE (LADY FULL TURN RIGHT)

- 9-10 Rock back on left, recover weight to right
- 11&12 Left shuffle forward left, right, left
- 13-14 Rock forward on right, rock back on left

Raise lady's right hand

- 15&16 Right triple back right, left, right making full turn right

WALK, WALK, SHUFFLE, ¼ TURN, ROCK, RECOVER, ½ TURN TRIPLE

- 17-18 Walk (stride) back left, right
- 19&20 Left shuffle back left, right, left
- 21-22 Make ¼ turn left and rock forward on right, rock back on left
- 23&24 Triple turn ½ turn right stepping right, left, right

PIVOT ½ TURN, TRIPLE ¼ TURN, ROCK, RECOVER, TRIPLE IN PLACE

- 25-26 Step forward on left, pivot ½ turn right (weight on right)
- 27&28 Left triple step making ¼ turn right left, right, left

Right hands holding above left hands

- 29-30 Rock back on right, recover on left
- 31&32 Right triple step in place right, left, right

ROCK, RECOVER, (LADY TURN RIGHT) TRIPLE STEP, WALK LEFT, RIGHT MAKING ½ TURN, TRIPLE STEP

- 33-34 Full turn right stepping on left, right

Now left hands holding above right hands

- 35&36 Triple step in place left, right, left
- 37-38 Walk forward right, left making ½ turn right

Lady walks around the back of man with arms raised

- 39&40 Right triple in place right, left, right

Now Right Hands holding above Left hands

ROCK, RECOVER (LADY FULL TURN RIGHT), TRIPLE IN PLACE, ROCK, RECOVER, SHUFFLE

- 41-42 Full turn right stepping on left, right

After turn release hands and go back into Closed Western Position

- 43&44 Triple step in place left, right, left
- 45-46 Rock back on right, rock forward on left
- 47&48 Right triple step forward right, left, right

REPEAT
