

# Movin' Nice And Easy Cha Cha (L/P)

COPPER KNOB  
BY STEPHENETS

拍數: 68      牆數: 1      級數: Intermediate line/partner dance  
編舞者: Lynn Karlin (USA)  
音樂: Where Is My Baby Tonight - Lee Roy Parnell



**Position: Couples facing LOD in Sweetheart position**

## **ROCK STEP FORWARD, CHA-CHA, ROCK STEP BACK, CHA-CHA**

1-2            Rock forward on left foot, rock back on right foot  
3&4            Cha-cha back left, right, left  
5-6            Rock back on right foot, rock forward on left foot  
7&8            Cha-cha forward right, left, right

## **STEP PIVOT ½ RIGHT, CHA-CHA TURNING ½ RIGHT, ROCK STEP, CHA-CHA FORWARD, REPEAT**

1-2            Step left forward, pivot ½ turn to the right shifting weight to right foot  
3&4            Stepping left, right, left continue turning to the right ½ to complete a full turn

### **Advanced dancers can turn 1 ½ on 3&4**

5-6            Rock back on right foot, rock forward on left foot  
7&8            Cha-cha forward right, left, right

**Couples: Man does basic cha-cha forward and back, drop left hands and raise right arms to lead the lady into the full turn**

## **AND AGAIN**

9-16            Repeat those 8 counts

**Couples: Man also turns a full turn to the right. drop left hands and raise right arms. man turns under his right arm turning right. lady follows him. return to facing LOD in sweetheart position**

## **CROSS STEP, CHA-CHA, CROSS STEP, CHA-CHA**

1-2            At a slight angle right cross step left foot over right foot, rock back on right foot  
3&4            Cha-cha left, right, left to left side  
5-6            At a slight angle left cross step right foot over left foot, rock back on left foot  
7&8            Cha-cha right, left, right to right side

## **SYNCOPATED CROSS STEPS**

1&2            At a slight angle right cross left foot over right, rock back on right foot, step left foot home  
&            Step on right foot  
3&4            Repeat 1&2  
5&6            At a slight angle left cross right foot over left foot, rock back on left foot, step right foot home  
&            Step on left foot  
7&8            Repeat 5&6

## **ROCK STEP FORWARD, CHA-CHA, ROCK STEP BACK, CHA-CHA**

1-2            Rock forward on left foot, rock back on right foot  
3&4            Cha-cha back left, right, left  
5-6            Rock back on right foot, rock forward on left foot  
7&8            Cha-cha forward right, left, right

## **SKIP LEFT, SKIP RIGHT, CHA-CHA, ROCK STEP, CHA-CHA, REPEAT**

1-2            Cross step left foot over right foot, cross step right foot over left foot  
3&4            Cha-cha in place left, right, left  
5-6            Rock back on right foot, rock forward on left foot  
7&8            Cha-cha in place right, left, right

9-16

Repeat last 8 counts

**STEP LEFT, PIVOT ½ RIGHT, STEP LEFT, PIVOT ¼ RIGHT**

1-2 Step forward on left foot, pivot ½ turn to the right shifting weight to right foot

3-4 Step forward on left foot, pivot ¼ turn to the right shifting weight to right foot

**Couples version:**

1-2 **MAN:** Step left, pivot ½ turn to the right (drop left hands, raise right arms)

**LADY:** Step left, pivot ½ turn to the right stepping under right arms

3-4 **MAN:** Step left, pivot ¼ turn to the right stepping under right arms

**LADY:** Cross left foot over right foot to start a ¼ turn to the right, step right foot next to left foot to finish ¼ turn

**End with weight on right foot back in sweetheart position**

**REPEAT**

---