

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

COPPER KNOB
STEPSHEETS

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
