

Movin' Nice And Easy Cha Cha (P)

COPPER KNOB
STEPSHEETS

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



Position: Right Side-By Side position

ROCK STEPS, CHA-CHA-CHAS

- 1 Step forward on left foot
- 2 Rock back onto right foot
- 3&4 Cha-cha-cha backward (left-right-left)
- 5 Step back on right foot
- 6 Rock forward onto left foot
- 7&8 Cha-cha-cha forward (right-left-right)

LADY'S TURN, ROCK STEPS, CHA-CHA-CHA

Release left hands and raise right hands

- 9 **MAN:** Step forward on left foot
LADY: Step forward on left foot
- 10 **MAN:** Rock back onto right foot
LADY: Pivot ½ turn to the right on left foot and shift weight to right foot
- 11&12 **MAN:** Cha-cha-cha in place (left-right-left)
LADY: Cha-cha-cha (left-right-left) making a ½ turn to the right on these steps'

Rejoin left hands returning to Right Side-By Side Position

- 13 **MAN:** Step back on right foot
LADY: Step back on right foot
- 14 **MAN:** Rock forward onto left foot
LADY: Rock forward onto left foot
- 15&16 **MAN:** Cha-cha-cha forward (right-left-right)
LADY: Cha-cha-cha forward (right-left-right)

Option: lady may elect to execute 2 full turns to the right for beats 9 through 12 above

MAN AND LADY'S TANDEM TURN, ROCK STEPS, CHA-CHA-CHA

Release left hands and raise right hands

- 17 **BOTH:** Step forward on left foot
- 18 Pivot ½ turn to the right on left foot and shift weight to right foot
- 19&20 Cha-cha-cha (left-right-left) making a ½ turn to the right on these steps
- 21 Step back on right foot
- 22 Rock forward onto left foot
- 23&24 Cha-cha-cha forward (right-left-right)

Rejoin left hands returning to Right Side-By Side Position

CROSS ROCKS, SIDEWAYS CHA-CHA-CHAS

- 25 Turning body diagonally to the right, cross left foot over right and step
- 26 Rock back onto right foot
- 27&28 Turn body forward and cha-cha-cha to the left (left-right-left)
- 29 Turning body diagonally to the left, cross right foot over left and step
- 30 Rock back onto left foot
- 31&32 Turn body forward and cha-cha-cha to the right (right-left-right)

SYNCOPATED CROSS STEPS

- 33 Turning body diagonally to the right, cross left foot over right and step

- & Rock back onto right foot in place
- 34 Step left foot next to right
- & Step right foot next to left
- 35 Cross left foot over right and step
- & Rock back onto right foot in place
- 36 Step left foot next to right
- 37 Turning body diagonally to the left, cross right foot over left and step
- & Rock back onto left foot in place
- 38 Step right foot next to left
- & Step left foot next to right
- 39 Cross right foot over left and step
- & Rock back onto left foot in place
- 40 Step right foot next to left

ROCK STEPS, CHA-CHA-CHAS

- 41 Step forward on left foot
- 42 Rock back onto right foot
- 43&44 Cha-cha-cha backward (left-right-left)
- 45 Step back on right foot
- 46 Rock forward onto left foot
- 47&48 Cha-cha-cha forward (right-left-right)

CROSS SKIPS, CHA-CHA-CHA, ROCK STEPS, CHA-CHA-CHA, REPEAT

- 49 Cross left foot over right and skip slightly onto left foot
- 50 Cross right foot over left and skip slightly onto right foot
- 51&52 Cha-cha-cha in place (left-right-left)
- 53 Step back on right foot
- 54 Rock forward onto left foot
- 55&56 Cha-cha-cha in place (right-left-right)
- 57-64 Repeat beats 49-56

MILITARY PIVOT TO THE RIGHT, MILITARY TURN TO THE RIGHT

Release left hands and raise right hands. Lady turns under upraised right hands

- 65 **MAN:** Step forward on left foot
LADY: Step forward on left foot
- 66 **MAN:** Pivot ½ turn to the right on left foot and shift weight to right foot
LADY: Pivot ½ turn to the right on left foot and shift weight to right foot
- 67 **MAN:** Step forward on left foot
LADY: Cross left foot over right and step beginning a ¼ turn to the right with the step
- 68 **MAN:** Pivot ¼ turn to the right on left foot and shift weight to right foot
LADY: Step right foot next to left completing ¼ turn to the right

Rejoin left hands returning to Right Side-By-Side Position

REPEAT
