Nouveau Cha Cha



拍數: 32 牆數: 4 級數: Beginner

編舞者: Mick Bennett (UK)

音樂: Stars On the Water - George Strait



CROSS ROCK, SIDE CLOSE SIDE, CROSS ROCK, SIDE CLOSE SIDE

1-2 Cross rock left over right, replacing weight on right

3&4 Step left to left side, close right to left, step left to left side

5-6 Cross rock right over left, replacing weight on left

7&8 Step right to right side, close left to right, step right to right side

CROSS, TURN, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

1-2 Cross left over right, step right to right side turning ¼ left (facing 9:00)

3&4 Step back on left, close right to left, step back on left
5-6 Rock back on right, recover weight forward onto left
7&8 Step forward right, close left to right, step forward right

WALK, WALK, SHUFFLE FORWARD, ROCK, BACK, SHUFFLE BACKWARDS

1-2 Walk forward left, right

Option for 1&2 - full turn traveling forward stepping left, right

3&4 Step forward left, close right to left, step forward left

Rock forward on right, recover weight to leftStep back right, close left to right, step back right

TURN, ROCK, TRIPLE IN PLACE, SIDE ROCK, TRIPLE IN PLACE (OR THE VARIATION/OPTION OF YOUR CHOICE)

1-2 Making ¼ turn left step left to left side (swaying left hip out to left - facing 6:00), recover

weight to right

3&4 Step left next to right, step onto right, step onto left

Option 1 - left sailor step - step left behind right, step right to right side, step left in place

Option 2 - triple full turn (on the spot) to the left (to the left) stepping left, right, left

5-6 Rock right to right side (swaying right hip out to right), recover weight to left

7&8 Step right next to left, step onto left, step onto right

Option 1 - right sailor step - step right behind left, step left to left side, step right in place Option 2 - triple full turn (on the spot) to the right (to the right) stepping right, left, right

REPEAT