Now Or Never

拍數: 32

級數: Intermediate / Advanced cha cha

編舞者: Kathy Hunyadi (USA)

音樂: Groove With Me Tonight (Pablo Flores Spanglish Radio Mix) - MDO

Dance starts right after the heavy beat kicks in. As they say "Its now or never girl..."

CHA-CHA BASIC, CROSSOVER BREAK, SIDE TOGETHER

- 1-2-3 Step right to side, rock left forward, recover to right
- 4&5 Step left to side, step right together, step left to side
- 6-7 Cross/rock right over left, recover to left
- 8& Step right to side, step left together

RIGHT TURN ¼, RIGHT TURN ½, TRIPLE FORWARD, ROCK N' ROLL CHA-CHA

- 1-2-3 Turn ¼ right and step right forward, step left forward, turn ½ right (weight to right)
- 4&5 Shuffle forward left, right, left
- Make that shuffle forward in 3rd position

ROCK N' ROLL

These are done with cha-cha timing. Bend your knees, use your hips.

- 6-7 Rock right forward, recover to left
- 8&1 Rock right forward, recover to left, rock right forward
- 2-3 Rock left forward, recover to right

CROSSING TRIPLE BACK, REVERSE TURN ½ RIGHT, RIGHT TURN ½, STEP TOGETHER

- 4&5 Step left back, lock right over left, step left back
- 6-7 Turn ½ right and step right forward, turn ½ right and step left back
- 8& Step right slightly forward, step left together

TOUCH, CROSS; TOUCH, CROSS; LOCKING TRIPLE FORWARD; LOCKING TRIPLE FORWARD

- 1-2 Touch right toe to side, cross right over left
- 3-4 Touch left toe to side, cross left behind right
- 5&6 Step right forward, lock left behind right, step right forward
- 7&8 Step left forward, lock right behind left, step left forward

REPEAT





牆數:4