

#1 Cha Cha

拍數: 64 牆數: 4 級數: Intermediate social cha
編舞者: Sandi Keen (USA)
音樂: One Night At a Time - George Strait



SIDE ROCK, CROSS CHA-CHA (TRIPLE)

1-4 Left step side, rock to right, left cross front right & rock right back, rock left forward
5-8 Right step side, rock to left, right cross front left & rock left back, rock right forward

ROCK FORWARD BACK, ½ TURN ON CHA-CHA (TRIPLE)

1-4 Step left forward, rock back to right, left ½ turn doing left-right-left cha-cha (triple)
5-8 Step right forward, left pivot turn ½ weight left, forward right-left-right cha-cha (triple)

CROSS ¾ TURN, FORWARD CHA-CHA (TRIPLE)

1-4 Left cross right, unwind ¾ right turn, forward left-right-left cha-cha (triple)
5-8 Right cross left, unwind ¾ left turn, forward right-left-right cha-cha (triple)

BASIC CHA-CHA PATTERN

1-4 Step left forward, rock right back, backward left, right, left cha-cha(triple)
5-8 Step right back, rock left forward, forward right, left, right cha-cha (triple)

TRAVELING FORWARD BASIC CHA-CHA WITH ½ TURN ON LAST STEP

1-4 Step left forward, step right forward, forward left-right-left cha-cha (triple) with ½ right turn on last left
5-8 Step right forward, step left forward, forward right-left-right cha-cha (triple)

FORWARD TOUCH, 45, ANGLE CHA-CHA (TRIPLE)

1-4 Step left forward, right touch (clap), step forward at 45 angle right-left-right cha-cha (triple)
5-8 Step left forward, right touch (clap), step forward at 45 angle right-left-right cha-cha (triple)

PIVOT TURN W FORWARD CHA-CHA (TRIPLE)

1-4 Left step forward w ¼ right turn, right step side, forward left-right-left cha-cha (triple)
5-8 Step right forward, left pivot turn with ½ turn, forward right-left-right cha-cha (triple)

LEFT ROCK FORWARD, RIGHT ROCK BACK, WITH ½ RIGHT TURN, LEFT-RIGHT-LEFT WITH 1/ RIGHT TURN, ROCK BACK, LEFT ROCK FORWARD, FORWARD RIGHT-LEFT-RIGHT CHA-CHA (TRIPLE)

1-4 Left rock forward, right rock back with ½ right turn, left-right-left with ½ right turn (triple)
5-8 Right rock back, left rock forward, forward right-left-right cha-cha(triple)

REPEAT

When dancing to "One Night At A Time" on the 5 pattern at the end of the Basic Cha-cha Pattern there is a four count break. Do a Rock forward, Rock back, Rock left side & left touch beside right. One time only.