

Old Timer's Cha

拍數: 48 牆數: 1 級數: Improver
編舞者: Kerry Harlen (NZ)
音樂: Ol' Country - Mark Chesnutt



I dedicate this dance to all the old timer's in my classes & to all those in my travels

LEFT CROSS ROCK CHA, RIGHT CROSS ROCK CHA

1 Step left across right, rock
2 Recover
3&4 Left, right, left cha
5 Step right across left, rock
6 Recover
7&8 Right, left, right cha

FORWARD ROCK, ¼ LEFT TURNING CHA, PIVOT ½ LEFT, ¼ LEFT TURNING CHA

9 Forward rock onto left
10 Recover right
11&12 While turning ¼ left, cha left, right, left
13 Right foot forward
14 Pivot ½ left
15&16 While turning ¼ left, cha right, left, right

CUBAN SWIVEL STEPS

17 Step left forward 45 degrees on ball of left
18 Swivel both heels left and roll hips left
19 Step right forward 45 degrees on ball of right
20 Swivel both heels right and roll hips right
21 Step left forward 45 degrees on ball of left
22 Swivel both heels left and roll hips left
23 Step right forward 45 degrees on ball of right
24 Swivel both heels left and roll hips right

ROCK FORWARD LEFT CHA, ROCK BACK RIGHT, LEFT ½ TURNING CHA, ROCK BACK LEFT

25 Rock forward left
26 Replace right
27&28 Left, right, left cha traveling back
29 Rock back onto right
30 Replace left
31&32 While turning ½ left, cha right, left, right
33 Rock back onto left
34 Replace right

RIGHT ½ TURNING CHA, ROCK BACK RIGHT FORWARD CHA

35&36 While turning ½ right, cha left, right, left
37 Rock back onto right
38 Replace left
39&40 Forward cha right, left, right

CUBAN HIP BUMPS

41-42 Step forward left turning ¼ right, rocking hips left, right

43-44 Step forward left turning $\frac{1}{4}$ right, rocking hips left, right
45-46 Step forward left turning $\frac{1}{4}$ right, rocking hips left, right
47-48 Step forward left turning $\frac{1}{4}$ right, rocking hips left, right

REPEAT
