

Practice Partner (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Tony Colbert (IRE)
音樂: One Night At a Time - George Strait



Position: Start back to back with the men facing into the center of the circle and the women looking outwards

CHA-CHA FORWARD, CHA-CHA BACK

1&2 **MAN:** Cha-cha forward towards center of circle left, right, left
 LADY: Cha-cha forward away from man. Right, left, right
3&4 **MAN:** Cha-cha back right, left, right
 LADY: Cha-cha back left, right, left

STEP, KNEE CROSS, CHA-CHA WITH ½ TURN

5-6 **MAN:** Step on left, hitch right knee across left leg
 LADY: Step on right, hitch left knee across right leg
7&8 **MAN:** Cha-cha right, left, right taking ½ turn right
 LADY: Cha-cha left, right, left taking ½ turn left

Both dancers are now facing one another. They should raise their hands above shoulder level and hold hands

STEP, POINT, STEP BACK, POINT

9-10 **MAN:** Step on left, point right toe forward
 LADY: Step on right, point left toe forward
11-12 **MAN:** Step back on right, point left toe back
 LADY: Step on left, point right toe back

Man lets go of lady's left hand and raises her right hand to allow her pass under on next cha-cha

CHA-CHA WITH ½ TURN, STEP, TOUCH

13-14 **MAN:** Cha-cha left, right, left taking ½ turn right (letting lady pass under her own arm)
 LADY: Cha-cha right, left, right taking ½ turn left (passing under her own raised right arm)
15-16 **MAN:** Step right in place, touch left toe beside right foot
 LADY: Step left in place, touch right toe beside left foot
17-24 **BOTH:** Repeat steps 9-16

On step 24 man raises lady's right hand and places his right hand on her waist and she places her left hand on his shoulder to enter a ballroom hold the next three cha-chas are executed while in the ballroom hold

CHA-CHA ALONG LINE OF DANCE, CHA-CHA WITH ½ TURN

25&26 **MAN:** Cha-cha left, right, left to left side
 LADY: Cha-cha right, left, right to right side
27&28 **MAN:** Cha-cha right, left, right turning ½ left
 LADY: Cha-cha left, right, left turning ½ right

CHA-CHA WITH ½ TURN, STEP, TOUCH WITH ½ TURN

29&30 **MAN:** Cha-cha left, right, left turning ½ left
 LADY: Cha-cha right, left, right turning ½ right

Let go both hands

½ TURN, STEP TOUCH (ENDING UP BACK TO BACK)

31-32 **MAN:** ½ Turn right stepping to the side with right to face into the center of the circle, touch left beside right foot.
 LADY: ½ Turn left stepping to the side with left to face out from the circle, touch right beside left foot.

REPEAT
