

Restless Cha Cha (P)

拍數: 40 牆數: 0 級數: Partner
編舞者: John Sandham (ES) & Janette Sandham (UK)
音樂: Restless - Bob McKinley



Position: Side By Side holding hands, opposite steps throughout all steps are for man

- 1-2-3&4 Walk forward on left, right, now turn to face each other on cha-cha steps left, right, left, (turn with a swinging motion & touch forward hands)
- 5-6-7&8 Cross right, behind left step to the side on left, turn forward on cha-cha steps right, left, right, (again turn with a swinging motion)
- 9-10-11&12 Step forward on left, cross right behind left, (swinging to face each other) then cha-cha forward on left, right, left, (swinging forward)
- 13-14-15&16 Step forward on right, then left, cha-cha step forward on right, left, right (remember: lady is on opposite foot throughout)
- 17-18-19&20 Left foot step to the side, slide right up to left, cha-cha step on left, right, left, (making ¼ turn to man's left. You are now back to back)
- 21-22-23&24 Step forward on right foot, make ½ turn to left pivoting on both feet, and cha-cha step towards each other on right, left, right

Closed position

- 25-26-27&28 **MAN:** Rock forward on left, then back on right, cha-cha step backwards on left, right, left
LADY: Rock back then forward, & cha-cha, cha, always on the opposite foot

Still in closed position

- 29-32 **MAN:** Rock backwards on to right foot, then forward on to left, and cha-cha forward on right, left, right
LADY: Start by rocking forward, then back, then cha-cha step backwards

Break the hold with man's right (lady's left) & form an arch with man's left hand still holding lady's right

- 33-36 Man steps through the arch on step left, then right, then make ½ turn to man's left on cha-cha steps on left, right, left

You have now changed places & facing each other. Change hands take lady's left hand with your right

- 37-40 **MAN:** Change places again stepping right, then left, now make a ¼ turn right, to face forward on right, left, right
LADY: Opposite feet & making ¼ turn to left

REPEAT