

Rockin' Cha

拍數: 32 牆數: 1 級數: Beginner
編舞者: Jo Thompson Szymanski (USA)
音樂: Wanna Make You Mine - Scooter Lee



ROCK FORWARD, RECOVER, BACK CHA, ROCK BACK, RECOVER, FORWARD CHA

1-2 Rock forward with left, replace weight back to right
3&4 Step back with left, step together with right, step back with left
5-6 Rock back with right, replace weight forward to left
7&8 Step forward with right, step together with left, step forward with right

ROCK FORWARD, RECOVER, BACK CHA, ROCK BACK, RECOVER, FORWARD CHA

1-2 Rock forward with left, replace weight back to right
3&4 Step back with left, step together with right, step back with left
5-6 Rock back with right, replace weight forward to left
7&8 Step forward with right, step together with left, step forward with right

DIAGONAL ROCKS WITH LEFT FOOT, HOLD

1 With body facing slightly right, rock left forward across front of right
2 Replace weight back to right
3-4 Rock left back to left side, replace weight forward to right
5-6 Rock left forward across front of right, replace weight back to right
7-8 Step left to left side, hold

As an option, clap hands twice on &8 as you hold. The above 8 counts can be called a "rocking chair"

DIAGONAL ROCKS WITH RIGHT FOOT, HOLD

1 With body facing slightly left, rock right forward across front of left
2 Replace weight back to left
3-4 Rock right back to right side, replace weight forward to left
5-6 Rock right forward across front of left, replace weight back to left
7-8 Step right to right side, hold

As an option, clap hands twice on &8 as you hold

REPEAT
