

Sad Cha Cha (P)

拍數: 64 牆數: 2 級數: partner dance
編舞者: Dan Testa (USA)
音樂: Sad Situation - Asia



Position: Start in closed position. All couples should be facing the same direction

1 **MAN:** (First pattern only) step left in place
 LADY: (First pattern only) step right in place

2-3 **MAN:** Rock back right, rock forward left
 LADY: Rock forward left, rock back right

4&5 **MAN:** Step forward right, step left next to right, step forward right
These are small steps with hip action (Cuban motion). This will be called a cha-cha in the rest of the description
 LADY: Step back left, step right next to left, step back left (see comment above)

LADY TURNS

6-7 **MAN:** Rock forward left, rock back right
 LADY: Full turn to right stepping right, left
Man should lift his left arm and lead lady to turn under it

8&9 **MAN:** Cha-cha back left-right-left
 LADY: Cha-cha forward right-left-right (returning to closed position)

SWITCH SIDES BY DOING A HALF TURN ON THE CHA-CHA-CHA

10-11 **MAN:** Rock back right, rock forward left
 LADY: Rock forward left, rock back right

12&13 **MAN:** Do a cha-cha forward right-left-right turning ½ left
 LADY: Do a cha-cha left-right-left turning ½ left
Stay in closed position on the turn. Man: should take larger steps to get around the lady.

14-15 **MAN:** Rock back left, rock forward right
 LADY: Rock forward right, rock back left

16&17 **MAN:** Cha-cha forward left-right-left
 LADY: Cha-cha back right-left-right

18-19 **MAN:** Rock forward right, rock back left
 LADY: Rock back left, rock forward right

20&21 **MAN:** Cha-cha back right-left-right
 LADY: Cha-cha forward left-right-left

MAN TURNS

22-23 **MAN:** Full turn to left stepping left, right
 LADY: Rock forward right, rock back left

24&25 **MAN:** Cha-cha forward left-right-left
 LADY: Cha-cha back right-left-right (return to closed)

FOUR ADDITIONAL CHA-CHAS

26&27 **MAN:** Cha-cha forward right-left-right
 LADY: Cha-cha back left-right-left

28&29 **MAN:** Cha-cha forward left-right-left
 LADY: Cha-cha back right-left-right while turning ½ right

30&31 **MAN:** Cha-cha forward right-left-right

LADY: Cha-cha forward left-right-left while turning ½ right

In counts 28-31, the lady turns under the man's left arm. The man takes the lady's left hand with his right hand going into open position.

32&33 **MAN:** Cha-cha forward left-right-left

LADY: Cha-cha back right-left-right

Man drops left hand and lady drops right hand

TWO NEW YORKERS (CROSSING ROCK STEPS)

34-35 **MAN:** Rock right crossing in front, recover left in place

LADY: Rock left crossing in front, recover right in place

36&37 **MAN:** Cha-cha in place right-left-right

LADY: Cha-cha in place left-right-left

Man takes lady's right hand with his left while dropping his right hand and lady's left

38-39 **MAN:** Rock left crossing in front, recover right in place

LADY: Rock right crossing in front, recover left in place

40&41 **MAN:** Cha-cha in place left-right-left

LADY: Cha-cha in place right-left-right

42-43 **MAN:** Rock back right, rock forward left

LADY: Rock forward left, rock back right

Go back into closed position on these counts

44&45 **MAN:** Cha-cha forward right-left-right

LADY: Cha-cha back left-right-left

MAN'S INSIDE UNDERARM TURN

46-47 **MAN:** Step forward left, pivot ½ toward right (lift left arm and turn under it)

LADY: Rock back right, rock forward left

48&49 **MAN:** Cha-cha forward left-right-left while turning ½ right

LADY: Cha-cha forward right-left-right

LADY'S INSIDE UNDERARM TURN

50-51 **MAN:** Rock back right, rock forward left (lift left arm for lady to turn under)

LADY: Step forward left, pivot ½ toward right (turning under your right arm)

52&53 **MAN:** Cha-cha forward right-left-right

LADY: Cha-cha forward left-right-left while turning ½ right

54-55 **MAN:** Rock forward left, rock back right

LADY: Rock back right, rock forward left

56&57 **MAN:** Cha-cha back left-right-left

LADY: Cha-cha forward right-left-right

FOUR ADDITIONAL CHA-CHAS

58&59 **MAN:** Cha-cha back right-left-right

LADY: Cha-cha forward left-right-left

60&61 **MAN:** Cha-cha back left-right-left while turning ½ left

LADY: Cha-cha forward right-left-right

62&63 **MAN:** Cha-cha forward right-left-right while turning ½ left

LADY: Cha-cha forward left-right-left

64&1 **MAN:** Cha-cha back left-right-left

LADY: Cha-cha forward right-left-right

When you repeat, start from count 2

REPEAT
