

Shadows Cha Cha

拍數: 56 牆數: 2 級數:
編舞者: Bill Van Pool
音樂: Where Is My Baby Tonight - Lee Roy Parnell



LEFT & RIGHT CROSS BREAKS-CHA-CHA-CHA

- 1-2 Left cross right, replace
- 3-4 Cha-cha-cha (left-right-left)
- 5-6 Right cross left, replace
- 7-8 Cha-cha-cha (right-left-right)

STEP HOOK ½ TURN RIGHT-CHA-CHA-CHA (TWICE)

- 1-2 Step forward left, pivot ½ right hooking right over left
- 3-4 Cha-cha-cha (moving forward right-left-right)
- 5-6 Step forward left, pivot ½ right hooking right over left
- 7-8 Cha-cha-cha (moving forward right-left-right)

SYNCOPATED CHA'S LEFT AND RIGHT

- 1-2 Step left on left, hold (feet are now spread to shoulder width)
- &3-4 Step right next to left, step left on left, touch right next to left
- 5-6 Step right on right, hold (feet are now spread to shoulder width)
- &7-8 Step left next to right, step right on right, touch left toe next to right

SYNCOPATED CHA'S ¼ TURN RIGHT- COASTER STEP

Steps done turning ¼ to right to face 3 o'clock

- 1&2& Cross left over right, replace weight to right, left ball, right ball
- 3&4 Cross left over right, right ball, weight to left (now facing 3 o'clock)
- 5-6 Step forward on right, step forward on left
- 7&8 Back on right, back on left, forward on right
- 9-16 Repeat above 8 counts turning ¼ right to face 6 o'clock

SYNCOPATED WEAVE (BACKING UP- CROSS BACK TOGETHER)

- 1&2 Cross left over right, step straight back with right, to the left with left
- 3&4 Cross right over left, step straight back with left, to the right with right
- 5&6 Cross left over right, step straight back with right, to the left with left
- 7&8 Cross right over left, step straight back with left, to the right with right

SYNCOPATED HIPS MOVING FORWARD

- 1&2 Step forward onto left pushing left hip forward, push right hip back, push left hip forward with weight (weight now on left)
- 3&4 Step forward onto right pushing hip forward, push left hip back, push right hip forward with weight (weight now on right)
- 5&6 Step forward onto left pushing left hip forward, push right hip back, push left hip forward with weight (weight now on left)
- 7&8 Step forward onto right pushing hip forward, push left hip forward, push right hip forward with weight (weight now on right)

REPEAT