

Sheba's Cha Cha (P)

拍數: 48 牆數: 0 級數: Partner
編舞者: Mo Adams-Douch
音樂: One Night At a Time - George Strait



All steps given are for lady. Man's steps are on opposite feet.

1-4 Right heel into left instep, right toe to left instep, cha-cha-cha moving away from each other
5-8 Left heel into right instep, left toe to right instep, cha-cha-cha making ¼ turn to face each other

9-12 Step right to right side, slide left to right, cha-cha-cha

13-16 Rock forward on left foot, rock back on right foot, cha-cha-cha

17-20 **LADY:** ¾ Turn to the right into LOD, cha-cha-cha

MAN: Left to left side, right behind left, cha-cha-cha making ¼ turn into LOD

21-24 Rock forward on left foot, rock back on right foot, cha-cha-cha

25-28 Step right at 45 degree angle, slide left to right, cha-cha-cha

29-32 **LADY:** Full turn to the right, cha-cha-cha

MAN: Full turn to the left, cha-cha-cha

33-36 Rock forward on right foot, rock back on left foot, cha-cha-cha

37-40 **LADY:** Vine left behind man, cha-cha-cha

MAN: Vine right in front of lady, cha-cha-cha

You have now changed places

41-44 **LADY:** Vine right in front of man, cha-cha-cha

MAN: Vine left behind lady, cha-cha-cha

Now back in original position

45-48 Step left at 45 degree angle, slide right to left, cha-cha-cha

REPEAT