

Single Or Double Cha Cha (L/P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver line/partner dance
編舞者: Mike Cook (USA)
音樂: She's Actin' Single (I'm Drinkin' Doubles) - Gary Stewart



Position: Partners done in Side by Side Sweetheart position, Same footwork

WALK FORWARD RIGHT OVER LEFT, LEFT OVER RIGHT, SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, SHUFFLE BACKWARDS

1-2 Walk forward right in front of left, walk forward left in front of right
3&4 Right shuffle forward right-left-right
5-6 Rock forward on left, rock back on right
7&8 Left shuffle backward left-right-left

CROSS ROCK, RECOVER, SHUFFLE ½ TURN, CROSS ROCK, RECOVER, SHUFFLE ½ TURN

9-10 Cross rock right over left, recover weight on left starting right turn
11&12 Shuffle right, left, right turning ½ right
13-14 Cross rock left over right, recover weight on right starting left turn
15&16 Shuffle left, right, left turning ½ left

DIAGONAL CROSS-STEP, DIAGONAL SHUFFLE, DIAGONAL CROSS-STEP, DIAGONAL SHUFFLE

17-18 Cross right over left turning diagonally left, step back on left
19&20 Turn diagonally right & shuffle right, left, right in place
21-22 Cross left over right turning diagonally right, step back on right
23&24 Return forward & shuffle left, right, left in place

HEEL-HOOK, SHUFFLE, HEEL-HOOK, SHUFFLE

25-26 Touch right heel forward, hook right in front of left knee
27&28 Shuffle right, left, right in place
29-30 Touch left heel forward, hook left in front of right knee
31&32 Shuffle left, right, left in place

STEP FORWARD, PIVOT ½, SHUFFLE, STEP FORWARD, PIVOT ½, SHUFFLE

33-34 Step forward on right foot (drop right hands), pivot ½ turn left (man goes under left arm)
35&36 Shuffle forward right, left, right
37-38 Step forward on left foot, pivot ½ turn right (man goes under left arm)
39&40 Shuffle forward left, right, left (man picks up ladies right hand)

ROCK STEP, CROSS OVER SHUFFLE, ROCK STEP ¼ TURN, SHUFFLE

41-42 Rock right on right, recover weight to left
43&44 Cross right foot in front of left, step left to the left, cross right foot in front of left
45-46 Rock left on left, recover weight to right turning ¼ turn right
47&48 Shuffle left, right, left in place

Man shuffles forward and slightly left, lady shuffles in place on counts 47&48

REPEAT