

6am Cha

拍數: 32 牆數: 4 級數: Improver
編舞者: Liam Hrycan (UK)
音樂: Lola, Lola - Ricky Martin



The reason for the name of this dance is that it was finalized at approx. 6am on 23/5/99! After no sleep and boredom, I came up with the dance!

RIGHT STEP FORWARD OR HOLD POSITION FROM STEP 32

1 Step right foot forward (1st wall only)
For every other wall, hold position (from step 32) for 1 beat

WALK FORWARD (LEFT,RIGHT), LEFT KICK-BALL STEP RIGHT FORWARD/½ PIVOT LEFT, RIGHT SHUFFLE FORWARD

2-3 Walk forward, stepping - left, right
4&5 Kick left foot forward, step ball of left foot to place beside right step right foot forward
6 Pivot a ½ turn left (weight ending on left foot)
7&8 Step right foot forward, step left foot to place beside right, step right foot forward
Steps 7&8 travel slightly diagonally right

LEFT CROSSING HEEL JACK WITH RIGHT CROSS, LEFT SIDE STEP (¼-RIGHT), TRIPLE STEP (½-RIGHT), LEFT STEP/¼ PIVOT RIGHT

9& Step left foot over right, step right foot back
10& Touch left heel diagonally forward (45 degrees left), step left foot to place beside right
11-12 Step right foot over left, step left foot to left side a ¼ turn right
13&14 Triple step ½ turn right, stepping - right, left, right
15-16 Step left foot forward, pivot a ¼ turn right (weight ending on left foot)

RIGHT COASTER STEP, (&) LEFT STEP TO RIGHT, RIGHT STOMP FORWARD/HOLD, LEFT STEP FORWARD/RIGHT TOUCH BESIDE LEFT

17&18 Step right foot back, step left foot to place beside right, step right foot forward
& Step left foot to place beside right
19-20 Stomp right foot forward, hold position and clap hands
21-22 Step left foot forward, touch right toe to place beside left

SIDE TOE SWITCHES (RIGHT&LEFT)/¼ PIVOT RIGHT, RIGHT COASTER STEP, LEFT STEP FORWARD, RIGHT SHUFFLE FORWARD, LEFT STEP/½ PIVOT RIGHT

23&24 Touch right toe out to right side, step right foot to place beside left touch left toe out to left side
25 Step weight down onto left foot and pivot a ¼ turn right (weight ending on left foot)
26&27 Step right foot back, step left foot to place beside right, step right foot forward
28 Step left foot forward
29&30 Step right foot forward, step left foot to place beside right, step right foot forward
31-32 Step left foot forward, pivot a ½ turn right

Weight ending on right foot positioned a stride's width forward of the left foot

REPEAT