

Sonoma Cha Cha

拍數: 40 牆數: 1 級數:
編舞者: Tammy Goode
音樂: Livin' On Love - Alan Jackson



ROCK STEPS, CHA-CHA-CHAS, MILITARY PIVOT TO THE LEFT, CHA-CHA-CHA

- 1 Step forward on right foot
- 2 Rock back onto left foot
- 3&4 Cha-cha-cha in place (right-left-right)
- 5 Step back on left foot
- 6 Rock forward onto right foot
- 7&8 Cha-cha-cha in place (left-right-left)
- 9 Step forward on right foot
- 10 Pivot ½ turn to the left on right foot and shift weight to left foot
- 11&12 Cha-cha-cha in place (right-left-right)

ROCK STEPS, CHA-CHA-CHAS, MILITARY PIVOT TO THE RIGHT, CHA-CHA-CHA

- 13 Step forward on left foot
- 14 Rock back onto right foot
- 15&16 Cha-cha-cha in place (left-right-left)
- 17 Step back on right foot
- 18 Rock forward onto left foot
- 19&20 Cha-cha-cha in place (right-left-right)
- 21 Step forward on left foot
- 22 Pivot ½ turn to the right on left foot and shift weight to right foot
- 23&24 Cha-cha-cha in place (left-right-left)

SIDE STEPS, ROCK STEPS

- 25 Step to the right on right foot
- 26 Cross left foot behind right and step
- 27 Step to the right on right foot
- & Rock to the left onto left foot
- 28 Rock to the right onto right foot
- 29 Step to the left on left foot
- 30 Cross right foot behind left and step
- 31 Step to the left on left foot
- & Rock to the right onto right foot
- 32 Rock to the left on to left foot

HIP BUMPS, CHA-CHA-CHAS, KNEE ROLLS, CHA-CHA-CHAS

- 33 Step to the right on right foot and bump hips to the right
- 34 Shift weight to left foot and bump hips to the left
- 35&36 Cha-cha-cha in place (right-left-right)
- 37 Roll left knee to the left
- 38 Roll right knee to the right
- 39&40 Cha-cha-cha in place (left-right-left)

REPEAT