

Spanish Cha

拍數: 32 牆數: 2 級數: Improver
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音樂: Chameleon - Sergio Dalma



SLOW SWIVELS, ROCK, RONDE, TURNING SAILOR

- 1-2 Start with feet together and swivel left foot toward left and step
- 3-4 Then draw right foot to left and swivel right foot to right and step
- 5 Rock forward on slight angle(across right) with left foot
- 6-7 Recover back on right foot while at the same time lifting the left foot and ronde/sweep slow
- 8&1 Sailor step (left, right, left) turning $\frac{1}{2}$ to the left

TAP FLICK, LOCK STEP, STATIONARY PIVOT, STEP CROSS

- 2 Tap right foot to side
- 3 Draw right foot together to left quickly replacing weight and flicking left foot to side at the same time turning $\frac{1}{4}$ turn right
- 4&5 Lock step forward (forward left, hook right behind left, forward left)
- 6-7 Step forward on right and $\frac{1}{2}$ pivot to left on right foot taking weight on left
- 8& $\frac{1}{4}$ turn left with quick side step right and cross in front left

HIP BUMPS, KICK BALL CHANGE, KNEE ROCKS

- 1-3 Hip to the right, then left, then right
- 4&5 $\frac{1}{4}$ turn with body left and lock step left, right, left
- 6&7 Right foot kick ball change moving forward ending with weight on left and knees forward
- 8-1-2 Rock back with knees, rock forward with knees, rock back with knees taking weight on right foot

STEP CROSSES TWIST TURN

Your weight is already on right as if it were a right side step

- 3&4 Cross with left, side right, cross left

- &5 Side right, cross left

You end up crossed with left in front of right

- 6 Unwind (twist turn) a $\frac{1}{2}$ turn

- 7-8 Then hips go left and right ending with weight on the right foot (and left tapped together with right)

You can also just do a 1 $\frac{1}{2}$ turn on 6,7,8 instead of the hip bumps

REPEAT
