

Strong Winds Cha

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Robert DeLong (USA)
音樂: 4 Strong Winds - Neil Young



STEP FORWARD, STEP TOGETHER, CHA-CHA IN PLACE RIGHT-LEFT-RIGHT, STEP BACK, STEP TOGETHER, CHA-CHA IN PLACE LEFT-RIGHT-LEFT

1-2 Step forward on right foot, step together with left foot
3&4 Step in place right foot, step in place left foot, step in place right foot
5-6 Step back on left foot, step together with right foot
7&8 Step in place on left foot, step in place on right foot, step in place on left

VINE RIGHT, CHA-CHA IN PLACE RIGHT-LEFT-RIGHT, VINE LEFT, ¼ TURN, SHUFFLE FORWARD LEFT-RIGHT-LEFT

1-2 Step right foot to right side, step left foot behind right
3&4 Step in place right foot, step in place step foot, step in place right foot
5-6 Step left foot to left side, step right foot behind left foot
7&8 Turning ¼ turn left step forward left foot, step together with right foot, step forward with left foot

STEP FORWARD RIGHT ½ TURN LEFT, CHA-CHA IN PLACE RIGHT-LEFT-RIGHT, STEP FORWARD LEFT ½ TURN RIGHT, CHA-CHA IN PLACE LEFT-RIGHT-LEFT

1-2 Step forward on right foot, turn ½ turn left pivoting on balls of feet, weight ending on left foot
3&4 Step right foot next to left foot, step left foot in place, step right foot in place
5-6 Step forward on left foot, turn ½ turn right pivoting on balls of feet, weight ending on right foot
7&8 Step left foot next to right foot, step right foot in place, step left foot in place

ROCK-RECOVER ½ TURN RIGHT TURNING SHUFFLING RIGHT-LEFT-RIGHT, FULL TURN RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

1-2 Rock forward on right foot, recover weight on left foot
3&4 Turning ½ turn right step forward on right foot, step together on left foot, step right foot forward
5-6 Stepping back on left turning ½ turn right, step forward on right turning ½ turn right
7&8 Step forward on left foot, step right foot next to left foot, step forward on left foot

Easier option for count 5-6 in last set of 8: walk forward left-right

REPEAT
