Sweet & Easy Cha

拍數: 32

級數: Improver

編舞者: Judith Campbell (NZ)

音樂: Sweet & Easy, Soft & Slow - Charley McClain

ROLL TO RIGHT (TURN - TURN) - SIDE SHUFFLE TO RIGHT - WALK WALK - SHUFFLE FORWARD

- 1-2 Turning ¼ right step right to right foot forward, turning ½ to right step back onto left foot
- 3&4 Turning ¼ right shuffle to right side on right foot (right-left-right)
- 5-6 Walk forward on left, walk forward on right
- 7&8 Shuffle forward on left foot (left-right-left)

CROSS ROCK - CHA-CHA-CHA (TRIPLE) - CROSS ROCK - CHA-CHA-CHA

- 1-2 Cross/step right over left to left corner, recover onto left foot
- 3&4 Step right foot to right side, step left next to right, step right in place. (using hips)
- 5-6 Cross/step left over right to right corner, recover onto right foot
- 7&8 Step left to left side, step right next to left, step left in place (using hips)

ROCK FORWARD BACK - & BACK - WALK WALK - TOUCH TURN TOUCH

- 1-2&3 Step/rock forward on right, recover onto left, step right next to left (&), step back on left
- 4-5 Walk back onto right foot, walk back onto left foot
- 6-7-8 Touch right foot to right side, turning ¼ right bring right foot in next to left, touch left foot out to left side

CROSS SWEEP - CROSS SWEEP - CROSS SIDE - CROSS SCUFF

- 1-2 Step left across in front of right, sweep right foot around to front
- 3-4 Step right across in front of left, sweep left foot around to front

Alternative for the above 4 counts - cross left over right, touch right to right side, cross right over left, touch left to left

5-6-7-8 Step left across right, step right to right side, step left across right, scuff right foot forward and out towards right

REPEAT

TAG

After the 2nd wall

4 MONTEREY TURNS WITH A ¼ TURN EACH TIME

- 1-4 Touch right foot to right, turning ¼ to right bring right foot next to left, touch left foot to left, close left to left
- 5-16 Repeat the above 4 counts three more times





牆數: 4