

3x4 Cha Cha

拍數: 32 牆數: 4 級數: Improver
編舞者: John McFarland (USA)
音樂: We Dared the Lightning - The Bellamy Brothers



SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT

1&2 Shuffle right, left, right
3&4 Shuffle left, right, left

RIGHT ½ PIVOT, RIGHT ½ PIVOT

5&6 Pivot ½ turn left on right facing rear line of dance
7&8 Pivot ½ turn left on right facing rear line of dance

HEEL TAPS TOE TAPS – KICK, BALL, CHANGE

9-10 Tap right heel forward twice
11-12 Tap right toe back twice
13-14 Tap heel forward, tap toe back
15 Kick right forward
& Step on ball of right bringing weight of left off floor slightly
16 Change weight back to left

CROSS/STEP OVER WITH TOE TOUCH TO THE SIDE

17-18 Cross right over left taking weight, touch toe left out to left side
19-20 Cross/step left over right taking weight, touch right out to right side

CROSS/STEP BEHIND, WITH TOE TOUCH TO THE SIDE

21-22 Cross/step right behind left, weight on it, touch left toe to left side
23-24 Cross/step left behind right, weight on it, touch right toe to right side

ROCK/STEP FORWARD RECOVER BACK, TRIPLE STEP TURNING ¼ RIGHT

25-26 Rock/step right forward, bending right knee, recover/step back on left
27&28 Triple step in place turning ¼ right (right-left-right)

SHUFFLE BACK, ROCK/STEP BACK, RECOVER FORWARD LEFT

29&30 Shuffle back left, right, left
31-32 Rock/step back on the right, recover/step forward right

REPEAT
