

Irene's Cha Cha (P)

COPPER **KNOB**
BY STEPHEN BRETZ

拍數: 48 牆數: 0 級數: Partner
編舞者: Dennis Atkinson, Marie Atkinson & Margaret Semple
音樂: Feel Free - The Bellamy Brothers



Position: Man's step noted Lady's steps are mirror image. Start back to back, Man facing ILOD, hold hands

CROSS ROCK & CHA-CHA, CROSS ROCK & CHA-CHA

1-8 Cross and rock on right foot over left, step in place on left (drop right hand, turn body ¼ left), cha-cha right, left, right, cross and rock on left over right, step in place on right (drop left hand, turn body ¼ right), cha-cha back to start on left, right, left

RIGHT VINE, SHUFFLE ¼ TURN LOD, FORWARD STEPS, CHA-CHA ¼ TURN OLOD

9-16 Step right on right foot, step left behind right, right shuffle turning ¼ right on right, left, right (drop left hand), step forward on left, right, cha-cha in place making ¼ turn right on left, right, left (hold hands)

ROCK STEPS & CHA-CHA'S

17-24 Rock back on right (slightly behind left) step in place on left (drop right hand, turn body ¼ right), cha-cha back in place on right, left, right (hold hands), rock back on left (slightly behind right) step in place on right, (drop left hand, turn body ¼ left) cha-cha back in place on left, right, left (hold hands)

FORWARD STEPS, CHA-CHA ½ TURN ILOD, ROCK STEPS, CHA-CHA

25-32 Step forward on right then left, cha-cha making ½ turn left on right, left, right, (drop right, lift left hand man turn under, hold hand), rock back on left (slightly behind right), step in place on right (drop left hand, turn body ¼ left), cha-cha in place on left, right, left (hold hands)

ROCK STEPS, CHA-CHA, FORWARD STEPS, CHA-CHA ½ TURN OLOD

33-40 Rock back on right foot (slightly behind left), step in place on left, (drop right hand, turn body ¼ left), cha-cha back in place right, left, right (hold hands), step forward on left then right (drop left, lift right hand, lady turn under), cha-cha making ½ turn right on left, right, left

ROCK STEP, ¼ TURN, FORWARD SHUFFLE, FORWARD STEPS, CHA-CHA ¼ TURN

41-48 Rock right on right, step left make ¼ turn left into LOD, forward shuffle on right, left, right, step forward on left right, cha-cha in place make ¼ turn left into ILOD (hold hands)

REPEAT

This dance is named after and dedicated to Irene Bainbridge of Howden-le-Wear, in celebration of her "60th" birthday