

Hot Cha-Cha

拍數: 32 牆數: 2 級數: Beginner
編舞者: Linda Burgess (AUS)
音樂: Dance With Me - Debelah Morgan



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- 1-2 Rock forward onto right, rock back onto left
3&4 Step back right, step left beside right, step back right (shuffle)
5-6 Rock back onto left, rock forward onto right
7&8 Step forward left, step right beside left, step forward left (shuffle)
- 1-2 Rock/step right to right side, replace weight onto left
3&4 Triple step on spot (or cha-cha) stepping right-left-right
5-6 Rock/step left to left side, replace weight onto right
7&8 Triple step on spot (or cha-cha) stepping left-right-left
- 1&2 Shuffle forward right-left-right (step right forward, step left beside right, step forward right)
3&4 Shuffle forward left-right-left (step left forward, step right beside left, step forward left)
5&6 Shuffle back right-left-right (step right back, step left beside right, step back right)
7&8 Shuffle back left-right-left (step left back, step right beside left, step back left)
- 1-2 Step forward on right, turn (pivot) ¼ turn left (weight on left)
3-4 Step forward on right, turn (pivot) ¼ turn left (weight on left)
5-8 Turn body to face 45 degrees left & rock forward onto right, replace weight onto left, rock forward in same direction on right, & replace weight back onto left (rocking chair)

REPEAT
