

G.S.R. Cha Cha

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Barry Cook (UK)
音樂: By the Book - Michael Peterson



STEP LEFT, ROCK BACK RIGHT, RECOVER, CHA-CHA RIGHT, ROCK FORWARD ON RIGHT, RECOVER, STEP LEFT TO LEFT SIDE

1-2-3 Step left foot to left side, rock back on right, recover weight back on to left foot
4&5 Step right to right side, close left next to right, step right to right side
6-7-8 Rock forward on left foot, recover weight on right foot, step left to left side

CLOSE RIGHT, STEP LEFT, CROSS ROCK, RECOVER, ¼ CHA-CHA RIGHT, STEP LEFT ½ PIVOT, ROCK LEFT

&1 Close right next to right, step left to left side
2-3 Cross rock right foot over left, recover weight on left foot
4&5 Step right to right side, close left next to right, step right to right side (making ¼ turn to right)
6-7-8 Step left foot forward, make ½ pivot to right, rock left to left side

RECOVER, CROSS, ROCK, RECOVER, CROSS, TOUCH, SWEEP, TWIST RIGHT LEFT, RIGHT (¼ TURN LEFT) KICK LEFT

&1 Recover weight back on to right, cross step left over right
2&3 Rock right to right side, recover weight back on to left foot, cross step right over left
4-5 Point left foot forward, sweep left foot to the left and place behind right
6&7-8 Twist heels right, left, and right (making ¼ turn left), kick left foot forward

CROSS, STEP SIDE, STEP SIDE, STEP FORWARD, ¼ TURN LEFT, LEAN BODY ROLL, POINT, TURN, POINT TURN

&1&2 Cross left over right, step right to right side, step left to left side, step forward on right
3-4 Make ¼ pivot left, lean body to right
5&6 Body roll to left (making ¼ turn to left)
7&8 Point right to right side, hitch right knee (making ¼ pivot left), point right to right side

SHUFFLE FORWARD RIGHT, LEFT FORWARD, ¼ PIVOT RIGHT, SHUFFLE FORWARD LEFT, ROCK FORWARD ON RIGHT, RECOVER

1&2 Step forward on right, close left next to right, step right foot forward
3-4 Step forward on left foot, make ¼ pivot to right
5&6 Step forward on left, close right next to left, step forward on left foot
7-8 Rock forward on right foot, recover weight back on to left

SHUFFLE BACK ON RIGHT (½ TURN OVER RIGHT), ROCK LEFT RECOVER STEP LEFT (¼ TURN) SWEEP RIGHT, CROSS, UNWIND

1&2 Step back on right foot (making ¼ turn to right), close left next to right, step right to right side (making ¼ turn to right)
3-4 Rock forward on left foot, recover weight back on to right
5-6 Step left to left side (making ¼ turn left), sweep right to the left and cross over left
7-8 Unwind full (to the left ending with weight on right)

REPEAT