

Good Hearted Cha (P)

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Dan Albro (USA), Kelly Albro (USA), Greg Van Zilen (USA) & Samantha Van Zilen (USA)
音樂: Good Hearted Man - Tift Merritt



Position: Starting in skater's position facing OLOD; man directly behind woman; right hands on lady's hip, left hands out

SIDE LEFT, ROCK BACK, REPLACE, RIGHT CHASSE, ¼ TURN LEFT ROCK BACK, REPLACE, SHUFFLE FORWARD

1-2-3 Step side left, rock back right, replace weight onto left
4&5 Step side right, step left next to right, step right to side
6-7 Pivoting ¼ turn left on ball of right step left back; replace weight onto right
8&1 **MAN:** Step left slightly forward, step right next to left, step left slightly forward (place between lady's feet)
 LADY: Step left forward, step right next to left, step left forward and in front of man to begin left turn

Lady will be moving in front of man during shuffle and will start turning left on count 1

Direction: counts 1-5 facing OLOD; 6-1 facing LOD

PROGRESSING LOD TURN LEFT ¼, ½, ¼ SHUFFLE RIGHT, WALK LEFT, RIGHT, LEFT, SHUFFLE FORWARD

2 Pivoting on ball of left, pivot ¼ turn left stepping right to side
3 **MAN:** On ball of right, pivot ½ turn left stepping left to side
 LADY: On ball of right, pivot ½ turn left stepping left next to right
4&5 Turn ¼ left stepping right forward, step left next to right, step right forward
6-7 Step left forward, step right forward
8&1 Step left forward, step right next to left, step left forward

Direction: count 2 facing ILOD; 3 facing OLOD; 4-1 facing LOD

RIGHT FORWARD ROCK STEP, ½ TURN RIGHT SHUFFLE FORWARD, LEFT FORWARD ROCK STEP, ½ TURN LEFT SHUFFLE FORWARD

2-3 Step right forward, replace weight onto left
4&5 Turn ½ right stepping right forward, step left next to right, step right forward
6-7 Step left forward, replace weight onto right
8&1 Turn ½ left stepping left forward, step right next to left, step left forward

Hands - counts 4&5 bring left arm to lady's waist extending right arm now in reverse skater's position; 8&1 bring right arm to lady's waist extending left arm returning to skater's position

Direction: counts 2-3 facing LOD; 4-7 facing RLOD; 8-1 facing LOD

STEP TURN ½ LEFT, ¼ TURN LEFT RIGHT CHASSE, SWAY LEFT, SWAY RIGHT, LEFT SIDE, TOGETHER

2-3 Step right forward, pivot ½ turn left transferring weight to left
4&5 Turn ¼ left stepping right to side, step left next to right, step right to side
6-7 Sway hips left, sway hips right
8&1 Step left to side, step right next to left, step side left to start dance over

Hands - counts 2,3 release right hands and raise left as man steps under during ½ turn; counts 4&5 rejoin right hands at lady's waist returning to skater's position on count

Direction: count 2 facing LOD; 3 facing blod; 4-8& facing OLOD

REPEAT

This dance can be done to many cha-chas. When danced to Good Hearted Man the music slows down at

about 3:15 while you are dancing the first set of 8. Sway through it facing OLOD and when the beat comes back, start at the beginning
