

5 O'clock Cha-Cha

拍數: 56 牆數: 4 級數: Improver
編舞者: Tony Fay (CAN)
音樂: It's Five O'Clock Somewhere - Alan Jackson & Jimmy Buffett



STEP SLIDE, TRIPLE ¼ TURN, STEP PIVOT, CHA-CHA-CHA FORWARD (TRIPLE)

1-2 Step right to right side, slide left behind right
3&4 Triple step with ¼ turn to right (right, left, right)
5-6 Left step pivot ½ turn to right (keep weight on right)
7&8 Triple step forward (left, right, left)

ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, ROCK FORWARD, RECOVER, CHA-CHA-CHA (TRIPLE)

9-10 Rock forward on right, recover on left
11&12 ¾ triple turn to right. (right, left, right)
13-14 Rock forward left, recover on right
15&16 Triple on the spot (left, right, left)

ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, ROCK FORWARD, RECOVER, CHA-CHA-CHA (TRIPLE)

17-18 Rock forward right, recover on left
19&20 ¾ triple to right. (right, left, right)
21-22 Rock forward left, recover on right
23&24 Triple on the spot, (left, right, left)

HEEL CROSS STEP, HEEL CROSS STEP, RIGHT SIDE ROCK, CROSS TRIPLE LEFT

25&26 Right heel forward, bring right foot back and step, cross left over right
27&28 Right heel forward, bring right foot back and step, cross left over right
29-30 Rock right to right side, recover on left
31&32 Cross right over left, step left beside & slightly behind right, cross right over left

HEEL CROSS STEP, HEEL CROSS STEP, LEFT SIDE ROCK, CROSS TRIPLE RIGHT

33&34 Left heel forward, bring left foot back and step, cross right over left
35&36 Left heel forward, bring left foot back and step, cross right over left
37-38 Rock left to left side, recover on right
39&40 Cross left over right, step right beside & slightly behind left, cross left over right

STEP PIVOT, STEP PIVOT, ROCK FORWARD, TRIPLE ½ TURN

41-42 Step forward right, pivot ½ left keeping weight on left foot
43-44 Step forward right, pivot ½ left keeping weight on left foot
45-46 Rock forward, recover on left
47&48 Triple ½ turn to the right

ROCK FORWARD, ROCK BACK, ROCK FORWARD, CHA-CHA-CHA (TRIPLE)

49-50 Rock forward on left, recover on right
51-52 Rock back on left, recover on right
53-54 Rock forward on left, recover on right
55&56 Triple (cha-cha-cha) on the spot

REPEAT

RESTART

On the 5th repeat stop at beat 40. Hold till Jimmy Buffett starts with "Pour me a ..." then restart at this point

THE JIMMY BUFFETT PAUSE

Pause at the 32nd beat of the restart for about 2 beats. Continue when he resumes singing at "tall and strong...".
