

Doug & Jackie's Cha Cha (L/P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver line/partner dance
編舞者: Doug Miranda (USA) & Jackie Snyder (USA)
音樂: It's Alright - Trisha Yearwood



LADY'S STEPS AND LINE DANCE STEPS

ROCK, RECOVER, SHUFFLE FORWARD; ROCK BACK, RECOVER SHUFFLE BACK

1-2 Rock back onto right, rock forward on left
3&4 Shuffle forward right, left, right
5-6 Rock forward on left, rock back on right
7&8 Shuffle back left, right, left

CROSS ROCK, RECOVER, CHA-CHA IN PLACE; CROSS ROCK, RECOVER, CHA-CHA IN PLACE

1-2 Cross rock right over left, rock back onto left
3&4 Triple right, left, right in place
5-6 Cross rock left over right, rock back onto right
7&8 Triple left, right, left in place

¼ TURN RIGHT, ROCK BEHIND, RECOVER, SIDE SHUFFLES, ¼ TURN LEFT, ROCK BEHIND, RECOVER, SIDE SHUFFLES

1-2 While bringing right behind left turn ¼ right, recover onto left turning ¼ left
3&4 Shuffle to right side right, left, right
5-6 While bringing left behind right turn ¼ left, recover weight onto right turning ¼ right
7&8 Shuffle to left side left, right, left

SWAY BACK, SWAY FORWARD, SWAY BACK AND FORWARD, TRIPLE FORWARD

1-2 Step back right and sway back
3-4 Sway forward onto left
5-6 Step back right and sway back, sway forward onto left
7&8 Triple forward right, left, right

SWAY FORWARD, SWAY BACK, SWAY FORWARD AND BACK, TRIPLE BACK

1-2 Step forward left and sway forward
3-4 Sway back onto right
5-6 Step forward left and sway forward, sway back onto right
7&8 Triple back left, right, left

ROCK, RECOVER, TRIPLE FORWARD, ½ TURN RIGHT; TRIPLE BACK

1-2 Rock back onto right, rock forward onto left
3&4 Triple forward right, left, right
5-6 Turn ½ on right foot as you step on left, step back onto right
7&8 Triple back left, right, left

REPEAT

MAN'S STEPS

ROCK, RECOVER, SHUFFLE BACK; ROCK, RECOVER SHUFFLE FORWARD

1-2 Rock forward onto left, rock back onto right
3&4 Shuffle back left, right, left
5-6 Rock back on right, rock forward on left
7&8 Shuffle forward right, left, right

CROSS ROCK, RECOVER, CHA-CHA IN PLACE; CROSS ROCK, RECOVER, CHA-CHA IN PLACE

- 1-2 Cross rock left over right, rock back onto right
- 3&4 Triple left, right, left in place
- 5-6 Cross rock right over left, rock back onto left
- 7&8 Triple right, left, right in place

¼ TURN LEFT, ROCK BEHIND, RECOVER, SIDE SHUFFLES, ¼ TURN RIGHT, ROCK BEHIND, RECOVER, SIDE SHUFFLES

- 1-2 While bringing left behind right turn ¼ left, recover onto right turning ¼ right
- 3&4 Shuffle to left side left, right, left
- 5-6 While bringing right behind left turn ¼ right, recover weight onto left turning ¼ left
- 7&8 Shuffle to right side right, left, right

SWAY FORWARD, SWAY BACK, SWAY FORWARD AND BACK, WALK BACK ½ TURN LEFT

- 1-2 Step forward left and sway forward
- 3-4 Sway back onto right
- 5-6 Step forward left and sway forward, sway back onto right
- 7-8 Step left into ¼ turn left, step right forward into ¼ turn left (you have now completed a ½ turn left)

SWAY FORWARD, SWAY BACK, SWAY FORWARD AND BACK, WALK BACK ½ TURN LEFT

- 1-2 Step forward left and sway forward
- 3-4 Sway back onto right
- 5-6 Step forward left and sway forward, sway back onto right
- 7-8 Step left into ¼ turn left, step right forward into ¼ turn left (you have now completed ½ turn left)

ROCK, RECOVER, ¼ TURN TRIPLE LEFT, ¼ TURN LEFT, TRIPLE FORWARD

- 1-2 Rock forward onto left, rock back onto right
- 3&4 Turn ¼ turn left as you triple left, right, left
- 5-6 Step right into ¼ turn left, step left next to right
- 7&8 Triple forward right, left, right

REPEAT
