

Dime A Dance Cha Cha

拍數: 36 牆數: 4 級數: Beginner
編舞者: "Rodeo" Ruth Lambden (UK)
音樂: Mary's Just a Plain Jane - Rick Trevino



TOE, HEEL, TRIPLE STEPS

- 1-2 Tap right toe in place. Tap right heel forward
- 3&4 Triple step backward (right, left, right)
- 5-6 Tap left toe in place. Tap left heel forward
- 7&8 Triple step backward (left, right, left)

HIP SWAYING FORWARD WALKS

- 9 With right foot take a right diagonal step forward with hip sway
- 10 Rock weight back onto left foot with backward hip sway
- 11 Rock weight forward onto right foot with forward hip sway
- 12 Touch left foot next to right
- 13 With left foot take a left diagonal step forward with hip sway
- 14 Rock weight back onto right foot with backward hips sway
- 15 Rock weight forward onto left foot with forward hips sway
- 16 Touch right foot next to left

- 17-24 Repeat steps 9-16

TURNING GRAPEVINE RIGHT, (FULL TURN IN FOUR STEPS)

- 25 Step right foot to right side
- 26 Spin ½ turn to right landing left foot shoulder width apart
- 27 With weight on left foot spin another ½ right. The right foot will swing behind and then land shoulder width apart
- 28 Touch the left foot next to the right

TURNING GRAPEVINE LEFT. (FULL TURN IN FOUR STEPS)

- 29-32 Repeat steps 25-28 to the left

SAILOR SHUFFLES, ¼ TURN LEFT

- 33 Cross right foot behind left
- & Step left foot in place
- 34 Step right next to left
- 35 Cross right foot behind left making ¼ turn to left
- & Step right foot in place
- 36 Step left foot next to right

REPEAT
