The Crush Cha Cha

級數:

拍數: 32 編舞者: Kimberly F Gautney (USA)

音樂: Crush - Nick Ashton

BASIC CHA-CHA

- 1-2-3&4 Rock left forward, recover on right, shuffle in place stepping left, right, left
- 5-6-7&8 Rock right back, recover on left, shuffle in place stepping right, left, right

牆數: 0

TURNING CHA-CHA

1-2-3&4 Step left forward, turn ½ right (weight to right, shuffle turning ½ right and step left, right, left (12:00)

Release left hands and hold right hands while turning

5-6-7&8 Rock right back, recover on left, shuffle in place stepping right, left, right

GRAPEVINE LEFT: GRAPEVINE RIGHT

- Step left diagonally forward, cross right behind left, step left to side, brush right 1-4
- 5-8 Step left diagonally forward, cross left behind right, step right to side, brush left

HALF TURNS, SHUFFLE FORWARD

- 1-4 Step left forward, turn ½ right (weight to right), step left forward, turn ½ right (weight to right) Release left hands and hold right hands while turning
- 5&6 Shuffle forward stepping left, right, left
- 7&8 Shuffle forward stepping right, left, right

REPEAT





