

Colada Cha-Cha (P)

COPPER KNOB
STEPSHEETS

拍數: 68 牆數: 0 級數: Partner
編舞者: Tammy Bosse (USA)
音樂: Two Pina Coladas - Garth Brooks



Position: Sweetheart Position

SIDE ROCK STEP, TRIPLE STEP, REVERSE SIDE ROCK STEP, TRIPLE STEP

1-2 Rock left foot to side, rock back on right foot
3&4 Triple step in place (left, right, left)
5-6 Rock right foot to side, rock back on left foot
7&8 Triple step in place (right, left, right)

ALTERNATE ROCK STEPS FORWARD & BACK WITH TRIPLE STEPS-(LADIES TURNING ½ TURN 4 TIMES)

9-10 Step forward on left foot, rock back right foot
11&12 Cha-cha step (left, right, left)
13-14 Step back on right foot, rock forward on left foot
15&16 **MAN:** Raise right arm over lady's head while tripling in place stepping right, left, right
 LADY: Make ½ turn left while stepping right, left, right

Lady is now facing man in two hand cross hold

17-18 Step forward on left foot, rock back right foot

LADIES-STEP BACK ON LEFT FOOT, ROCK FORWARD RIGHT FOOT

19&20 Cha-cha step (left, right, left)-ladies turn ½ turn right
21-22 Step back on right foot, rock forward on left
23&24 Cha-cha step (right, left, right)-ladies turn ½ turn left
25-30 Repeat steps 17-22
31&32 Cha-cha step (right, left, right)-back in sweetheart position

PIVOT 1 FULL TURN TO RIGHT(DROP LEFT HANDS) ENDING IN TRIPLE STEPS

Progress forward at all times-returning to sweetheart position

33-34 Step left foot forward, pivot 1 full turn to right-step right foot forward (shifting weight to right foot)
35&36 Cha-cha step forward (left, right, left)
37-38 Walk forward-right foot then left foot
39&40 Cha-cha step forward (right, left, right)
41-48 Repeat #33-40

During this series lady crosses in front of man, then crosses behind, raising left hand then right hand over ladies head on passes

49-50 **LADY:** Step left, cross right behind (now next to man's left side)
 MAN: Step back slightly-cross left foot behind right, then step side with right foot (now next to man's right side)
51&52 Cha-cha step in place (left, right, left)
53-54 **LADY:** Step behind man with right foot, cross left foot behind
 MAN: Step forward slightly-cross right foot over left, then step side with left foot
55&56 Cha-cha step in place (right, left, right)

PIVOT ½ TURN RIGHT, CHA-CHA, PIVOT ½ TURN LEFT, CHA-CHA

57-58 Step forward left foot, pivot ½ turn right
59&60 Cha-cha step forward (left, right, left)
61&62 Step forward right foot, pivot ½ turn left

63&64 Cha-cha step forward (right, left, right)

FORWARD SHUFFLE STEPS

65&66 Shuffle forward beginning with left foot (left, right, left)

67&68 Shuffle forward beginning with right foot (right, left, right)

REPEAT
