

Cha Cha Blues (P)

拍數: 48 牆數: 0 級數: Partner
編舞者: Diane Jackson (UK)
音樂: Missing Her Blues - David Ball



Position: Right Side by Side, Same footwork throughout

STEP LOCK, ROCK & CROSS TWICE

1-2 Step forward on left, slide right up behind left
3&4 Step left to left side, rock onto right, cross left over right
5-6 Step forward on right, slide left up behind right
7&8 Step right to right side, rock onto left, cross right over left

ROCK STEP ½ TURN SHUFFLE, STEP ¼ TURN, CROSS SHUFFLE

9-10 Rock forward on left, rock back on right (raise left arm, release right)
11&12 Left shuffle turning ½ turn left, to face RLOD (pick up right)
13-14 Step forward on right, pivot ¼ turn left, OLOD (weight on left, man behind lady)
15&16 Cross right over left, step left to left side, cross right over left

SIDE, BEHIND, SHUFFLE ½ TURN, SIDE BEHIND, SHUFFLE ¼ TURN

17-18 Step left to left side, right behind left (release left bring right over lady's head)
19&20 Left shuffle forward turning ½ turn left to face ILOD (lady behind man)
21-22 Step right to right side, left behind right

Raise right over lady's head, pick up left, back in side by side

23&24 Right shuffle forward turning ¼ turn into LOD

ROCK STEP, SHUFFLE, ROCK STEP SHUFFLE

25-26 Rock forward on left, rock back on right
27&28 Shuffle back on left-right-left
29-30 Rock back on right, rock forward on left
31&32 Shuffle forward on right-left-right

WINDMILL SHUFFLES

33&34 Left shuffle forward (opening up arms turning ¼ right) OLOD
35&36 Right shuffle forward turning ½ turn left ILOD (bring right arm over lady's head, release left)
37&38 Left shuffle back turning ½ turn left OLOD (pick up left, release right)
39&40 Shuffle forward right-left-right turning ¼ turn into LOD (pick up right, now back in side by side)

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK SIDE SHUFFLE

41-42 Cross left over right, rock back onto right
43&44 Step left to left side, step right next to left, step left to left side
45-46 Cross right over left, rock back onto left
47&48 Step right to right side, step left next to right, step right to right side

REPEAT