Cha Cha Maria

級數: Intermediate



拍數: 52

牆數:4

編舞者: Gloria Johnson (USA)

音樂: My Maria - Brooks & Dunn

Caution: This dance contains two turning vines fairly close together with another turn in between them which turns in the opposite direction. If you have equilibrium problems, see the variations note at the end of the dance.

TURNING VINE:

- 1-3 Step right to right; swing left across right (to begin ½ turn to right); swing right behind left (to complete full turn)
- 4 Step left across right

GRAPEVINE RIGHT:

- 5-7 Vine right (step right to right; step left behind; step right to right)
- 8 Step left beside right

SHUFFLE/ROCK:

- 9&10 Shuffle forward on right, left, right
- 11 Rock forward on left
- 12 Rock back on right
- 13&14 Shuffle back on left, right, left
- 15 Rock back on right
- 16 Rock forward on left

HEEL/TOE & TURN:

- 17 Touch right heel forward
- 18 Touch right toe behind
- 19 Step right heel forward
- 20 Turn ½ turn to left

TURNING VINE:

- 21-23 Step right to right; swing left across right (to begin ½ turn to right); swing right behind left (to complete full turn)
- 24 Step left across right

GRAPEVINE RIGHT:

- 25-27 Vine right (step right to right, left behind, step right to right)
- 28 Step left beside right

SHUFFLE/ROCK:

- 29&30 Shuffle forward on right, left, right
- 31 Rock forward on left
- 32 Rock back on right
- 33&34 Shuffle back on left, right, left
- 35 Rock back on right
- 36 Rock forward on left

STRUTTIN' JAZZ BOX & TURN:

- 37-38 Touch right toe across left foot; slap heel down
- 39-40 Touch left toe behind right foot; slap heel down

- 41-42 Turn ¹/₄ turn to right (swing right foot out to right) touching right to out to right at the same time; slap right heel down
- 43-44 Touch left toe beside right; slap heel down

SHUFFLE/ROCK:

- 45&46 Shuffle forward on right, left, right
- 47 Rock forward on left
- 48 Rock back on right
- 49&50 Shuffle back on left, right, left
- 51 Rock back on right
- 52 Rock forward on left

REPEAT

VARIATION

Steps 1-4 and 21-24 can be done as a straight grapevine for those who may have equilibrium problems.