Cha Cha Time

級數: Intermediate

拍數: 32 編舞者: Judy Cain (USA)

音樂: Rub It In - Matt King

ROCK SIDE SHUFFLE ½ RIGHT TURN, ROCK FORWARD ½ LEFT SHUFFLE TURN

- 1-2 Step right to right, recover weight to left
- 3&4 Step right behind left, make a 1/2 right turn step on left step right to right (sailor shuffle with a 1/2 turn to your right)
- 5-6 Step left forward, step right in place
- 7&8 Shuffle left, right, left making a 1/2 left turn

PIVOT STEP ROCK RIGHT ROCK RIGHT SAILOR SHUFFLE

- Step forward right, 1/2 pivot to left step left in place 1-2
- 3-4 (Pressure step) step right forward and slightly crossed over front of left, rock back on left
- 5-6 Step right forward and slightly to right, rock back to left
- Sailor shuffle, left right left 7&8

PIVOT ¼ RIGHT 3 TIMES SAILOR SHUFFLE

- 1-2 Left in front of right and make a 1/4 pivot turn to your right, right in place
- 3-4 Left in front of right and make a 1/4 pivot turn to your right, right in place
- 5-6 Left in front of right and make a 1/4 pivot turn to your right, right in place
- Sailor shuffle, left right left 7&8

RIGHT LEFT, SAILOR SHUFFLE WITH 1/4 RIGHT TURN WALK FORWARD SPLIT TOES

- 1-2 Right cross in front of left, left to left
- 3-4 Sailor shuffle right left right making a ¼ right turn
- 5-6 Walk forward left, right
- 7&8 Step left beside of right, weight back on your heels, raise & split your toes and close together

REPEAT





牆數:4