

Cha-Islacapri

拍數: 32 牆數: 4 級數: Improver
編舞者: June Yung (SG)
音樂: Isle Of Capri - Billy Vaughn Orchestra



This dance is dedicated all my instructors who brought dance and music back to my life

CROSS, ROCK, SHUFFLE BACK, ROCK ROCK SHUFFLE FORWARD

1-2 Cross left foot over right, rock in place on right
3&4 Shuffle back on left, right, left
5-6 Rock back on right, step rock forward on left
7&8 Shuffle forward on right, left right

CROSS, ROCK, SIDE SHUFFLE WITH ¼ TURN, ½ PIVOT TURN, FORWARD LOCK SHUFFLE

9-10 Cross left over right, rock in place on right
11&12 Step left foot to left side, step right next to left, turn ¼ to left on left
13-14 Step forward on right, pivot ½ turn to left
15&16 Step right forward and across left, step left slightly forward, step right forward and . Across left

HIP BUMPS, CROSS, POINT, CROSS, POINT

17-18 Step left forward thrusting left hip forward, step back on right and thrust right hip backward
19&20 Rock forward left, rock back on right and forward again on left bumping hips at the same time
21-24 Step right over left, point left toe to left side, step left over right and point right toe to right side

CROSS, ROCK, CROSS SIDE LOCK SHUFFLE, ROCK, TOUCH, FULL RIGHT ROLL TURN

25-26 Step right behind left, rock left to left side
27&28 Cross right over left, step left (small) behind right, cross right over left
29-30 Rock left to left side, touch right beside left
31&32 Full roll right turn on right, left, right going towards right

REPEAT

FINALE

On the last wall (7th) of the dance sequence you will be facing the back wall. When song changes in tune, continue to dance from count 1-13. On the 14th count turn ¼ to your left on left instead of ½ and this should bring you back to face front wall for the finale ending the dance with full right turn on right, left, right slowly as music slows down and fades ou.