

Cha-7-Cha

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Jeffries (UK) & Toni Holmes (UK)
音樂: Seven Year Ache - Trisha Yearwood



STEP, HOLD, ROCK, RECOVER, SIDE CLOSE SHUFFLE ¼ TURN LEFT

1-2 Step to right on right, hold
3-4 Rock left behind right, recover weight to right
5-6 Step left to left side, close right to left
7&8 Shuffle to left: left, right, left turning ¼ left on last step

STEP, PIVOT, SHUFFLE FORWARD, TOE STRUT, KICK BALL FORWARD

1-2 Step right forward, pivot ½ turn left over left shoulder
3&4 Shuffle forward: right, left, right
5-6 Step left toe forward, drop heel to floor
7&8 Kick right foot forward, step right next to left, step left foot forward

TOE STRUT, KICK BALL FORWARD, ROCK & RECOVER, SHUFFLE BACKWARDS

1-2 Step right toe forward, drop heel to floor
3&4 Kick left foot forward, step left next to right, step right foot forward
5-6 Rock left foot forward, recover weight to right
7&8 Shuffle backwards: left, right, left

FULL TURN BACKWARDS WITH HOLD, STEP OUT-OUT, BACK ROCK

1-2 On ball of left ½ turn right stepping forward on right, hold
3-4 On ball of right ½ turn right stepping back on left, hold

Alternate steps

1-2 Rock backward on right, recover on left
3-4 Rock forward on right, recover on left

5-6 Step right foot out to right, step left foot out to left
7-8 Rock right foot behind left, recover weight to left

REPEAT
