

# 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



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## 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

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