

Chacha Ruleta

拍數: 32 牆數: 4 級數:
編舞者: Scott Blevins (USA)
音樂: Ruleta Rusa - Enrique Iglesias



STEP RIGHT, PIVOT ½, STEP LEFT, CROSS BODY ROCK, RECOVER, STEP, BUMP LEFT, RIGHT, LEFT

- 1-2-3 Step forward on right foot; pivot ½ turn left, keeping weight on right foot; step side left with left foot
- 4&5 Rock forward and in front of left foot with right foot; recover (shift weight back) on to left foot; step right foot a shoulder width apart from left
- 6-7-8 In a figure eight motion, push hips left, right, left, ending with weight on left foot

AND, CROSS, POINT, TURN, ROCK LEFT, RECOVER RIGHT, CROSS, WALK RIGHT, LEFT, RIGHT

- &1 Step right foot under body and slightly back; step left foot across and in front of right foot
- 2&3 Point right foot to right side; make a full turn to the right on left foot (right shoulder back), take weight onto right foot (full turning monterey turn)
- 4&5 Rock left foot to left side; recover (shift weight) to right foot; step left foot across and in front of right foot
- 6-7-8 Walk forward right, left, right

¾ TURN RIGHT, POINT, CROSS BODY ROCK, STEP LEFT, LOCK, ¼ TURN RIGHT, STEP BACK, PUSH AND RELAX

- &1 Make a ¾ turn right (to the right) on right foot; point left foot to left side
- 2&3 Rock forward and in front of right foot with left foot; recover (shift weight) to right foot; take a slightly large step side left with left foot
- 4&5 Lock right foot across and in front of left foot; step left foot back while making a ¼ turn right step right foot back and lift left heel
- 6-7 Keeping weight on right foot, push left hip forward and then bring hips back to center

TRIPLE FORWARD LEFT- RIGHT- LEFT, STEP FORWARD RIGHT, ½ TURN LEFT WITH POINT, HOOK RIGHT, TOGETHER, CROSS

- 8&1 Triple forward left, right, left
- 2-3 Step forward on right foot; pivot ½ turn left, keeping weight on right foot and pointing left toe forward and toward the floor
- 4&5 Hook left foot behind right foot, starting a ¼ turn left; step right foot next to left, completing ¼ turn left; step left foot across and in front of right foot
- &6 Step right foot side right; cross left foot across and in front of right foot
- &7&8 Repeat &6 twice

REPEAT
