

Chaneka Cha

拍數: 32 牆數: 2 級數: Beginner
編舞者: Elaine Douris (UK)
音樂: I Get High Lovin' You - Brady Seals



STEP LEFT, WEAVE LEFT, CROSS ROCK REPLACE TWICE

- 1 Step left foot to left side
- 2-3 Cross right foot in front of left, step left foot to left side
- 4-5 Step right foot behind left, step left foot to left side
- 6&7 Cross right foot over left, rock weight back onto left foot, step right foot to right side
- 8&1 Cross left foot over right, rock weight back onto right foot, step left foot forward (to starting wall)

TOE TAPS TO SIDE & CROSS (TRAVELING FORWARD) X 3, ½ PIVOT TURN RIGHT

- 2-3 Tap right toe to right side, (stepping slightly forward) cross right foot over left (with weight)
- 4-5 Tap left toe to left side, (stepping slightly forward) cross left foot over right (with weight)
- 6-7 Tap right toe to right side, (stepping slightly forward) cross right foot over left (with weight)
- 8-1 Step forward left foot, pivot half a turn to the right (finishing with weight forward on the right foot)

Steps 2-7 can be danced as mambo rock and cross for the more experienced dancers (2&3, 4&5, 6&7)

LEFT SHUFFLE, RIGHT SHUFFLE, LEFT ROCK FORWARD, LEFT COASTER

- 2&3 Step forward left, close right to left, step forward left
- 4&5 Step forward right, close left to right, step forward right
- 6-7 Rock forward on left foot, replace weight onto right
- 8&1 Step left foot back, close right to left, step left foot forward

Steps 2-5 can be danced facing right and left diagonals for a bit more styling

STEP, CROSS, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT TO START ON COUNT ONE

- 2-3 Step right foot to right side, step left foot behind right
- 4&5 Step right to right side, close left foot to right, step right to right side
- 6-7 Rock left foot across right foot, replace weight onto right foot
- 8& Step left foot to left side, close right to left

REPEAT