

Camolida Cha Cha

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Eileen Er Soo Lang
音樂: Camolida Cha-cha



Sequence: AAB, AB, AAB, AB, A(30 counts)

INTRODUCTION DANCE:

ROCK SIDE, RECOVER, SIDE SHUFFLE

- 1-2 Rock right foot to right side with hands sway to right side, recover weight to left foot in place with hands sway to left side
- 3&4 Step right to right side, step together with left, step right to right side, (draw circle with hands from right, left & right to the right)
- 5-6 Rock left foot to left side, recover weight to right foot in place
- 7&8 Step left foot to left side, step together with right foot, step left foot to left side, (draw circle with hands from left, right & left to the left)

PART A

ROCK RECOVER, FORWARD SHUFFLE, WALK WALK, FORWARD SHUFFLE

- 1-2 Rock back with right foot, recover weight to left foot
- 3&4 Step forward with right foot, step together with left foot, step forward with right foot
- 5-6 Walk forward on left foot, walk forward on right foot
- 7&8 Step forward with left foot, step together with right foot, step forward with left foot

KICK TURN, FORWARD SHUFFLE, ¾ TURN RIGHT, SIDE SHUFFLE

- 1-2 Kick right foot forward, turn ¼ right and swing right foot behind left foot
- 3&4 Step forward right foot, step together with left foot, step forward with right foot
- 5-6 Step left foot forward, turn ¾ right and step right foot forward
- 7&8 Step left foot to left side, step together with right foot, step left foot to left side

FULL TURN, RIGHT SHUFFLE, ROCK RECOVER, BACK SHUFFLE

- 1-2 Make ¼ turn right on right foot forward, make ¾ turn right stepping left foot forward
- 3&4 Step right foot to right side, step together with left foot, step right foot to right side
- 5-6 Rock left foot forward, recover weight to right foot
- 7&8 Step back with left foot, step together with right foot, step back with left foot

BACK SHUFFLE, BACK SHUFFLE, SIDE ROCK RECOVER, POINT

- 1&2 Step back with right foot, step together with left foot, step back with right foot
- 3&4 Step back with left foot, step together with right foot, step back with left foot
- 5-6 Rock right foot to right side, recover weight to left foot
- 7-8 Point right foot beside left with knees bend slightly and both hands cross in front of chest, straighten both feet with hands open out like a 'V' sign

PART B

DIAGONAL ROCKING CHAIR, SIDE SHUFFLE

- 1-2 Rock right foot forward diagonally left, recover weight to left foot in place, (stretch left hand straight forward pointing up diagonally, stretch right hand straight behind pointing down diagonally)
- 3-4 Rock right foot backward diagonally, recover weight to left foot in place (place left hand on the left side of waist and push right hand forward diagonally left)
- 5-6 Rock right foot forward diagonally left, recover weight to left foot in place, (stretch left hand straight forward pointing up diagonally, stretch right hand straight behind pointing down diagonally)

7&8 Step right foot to right side, step together with left foot, step right foot to right side

DIAGONAL ROCKING CHAIR, SIDE SHUFFLE

1-2 Rock left foot forward diagonally right, recover weight to right foot in place, (stretch right hand straight forward pointing up diagonally, stretch left hand straight behind pointing down diagonally)

3-4 Rock left foot backward diagonally, recover weight to right foot in place, (place right hand on the right side of waist and push left hand forward diagonally right)

5-6 Rock left foot forward diagonally right, recover weight to right foot in place, (stretch right hand straight forward pointing up diagonally, stretch left hand straight behind pointing down diagonally)

7&8 Step left foot to left side, step together with right foot, step left foot to left side

ROCK RECOVER, SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE

1-2 Cross right foot in front of left, recover weight to left foot, (tick with right hand, a diagonal stroke up from left to right)

3&4 Step right foot to right side, step together with left foot, step right foot to right side

5-6 Cross left foot in front of right, recover weight to right foot, (tick with left hand, a diagonal stroke up from right to left)

7&8 Step left foot to left side, step together with right foot, step left foot to left side

SIDE ROCK RECOVER, CROSS SHUFFLE, UNWIND $\frac{3}{4}$ TURN RIGHT, RECOVER, HOLD

1-2 Rock right to right side, recover weight to left foot in place

3&4 Cross right foot in front of left, step left foot together behind right, , cross right foot forward

5-6 Cross left foot in front of right and unwind $\frac{3}{4}$ right turn

7-8 Recover weight to left foot, hold

ENDING PART A - 30 COUNTS:

ROCK RECOVER, FORWARD SHUFFLE, WALK WALK, FORWARD SHUFFLE

1-2 Rock back with right foot, recover weight to left foot

3&4 Step forward with right foot, step together with left foot, step forward with right foot

5-6 Walk forward on left foot, walk forward on right foot

7&8 Step forward with left foot, step together with right foot, step forward with left foot

KICK TURN, FORWARD SHUFFLE, $\frac{3}{4}$ TURN RIGHT, SIDE SHUFFLE

1-2 Kick right foot forward, turn $\frac{1}{4}$ right and hook right foot behind left foot

3&4 Step forward right foot, step together with left foot, step forward with right foot

5-6 Step left foot forward, turn $\frac{3}{4}$ right and step right foot forward

7&8 Step left foot to left side, step together with right foot, step left foot to left side

FULL TURN, RIGHT SHUFFLE, ROCK RECOVER, BACK SHUFFLE

1-2 Make $\frac{1}{4}$ turn right on right foot forward, make $\frac{3}{4}$ turn right stepping left foot forward

3&4 Step right foot to right side, step together with left foot, step right foot to right side

5-6 Rock left foot forward, recover weight to right foot

7&8 Step back with left foot, step together with right foot, step back with left foot

BACK SHUFFLE, BACK SHUFFLE, SIDE ROCK RECOVER, POINT

1&2 Step back with right foot, step together with left foot, step back with right foot

3&4 Step back with left foot, step together with right foot, step back with left foot

5-6 Point right foot beside left with knees bend slightly and both hands cross in front of chest, straighten both feet with hands open out like a 'V' sign
