

Carino Cha Cha

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paula J. Graves (UK)
音樂: Cariño - Jennifer Lopez



BASIC CHA-CHA ¼ TURN LEFT, ½ TURN LEFT, ROCK & CROSS

1-2-3 Right foot to right side, left foot forward with toe turned out, replace weight to right foot
4&5 Left foot to side, right foot close to left foot, ¼ left stepping forward on left foot
6-7 Right foot forward, ½ turn to left stepping onto left foot
8&1 Right foot to right side, replace weight onto left foot, cross right foot in front of left foot

RONDE LEFT FOOT, CHA LOCK BACK, BACK BASIC, CHA LOCK FORWARD

2-3 Ronde left foot forward keeping toe in contact with the floor, close left foot to right foot
4&5 Right foot back, lock left foot in front of right foot, right foot back
6-7 Left foot back, replace weight onto right foot
8&1 Left foot forward, lock right foot behind left foot, left foot forward

RIGHT FOOT FORWARD CHECK, ½ TURN CHA SLIP PIVOT, 2 FORWARD WALKS CROSS ROCK

2 Right foot forward toe turned out straight leg (left knee bent into back of right knee)
3 Left foot back straightening leg pulling right toe back towards left foot
4&5 Right foot back, close left foot to right foot while taking ½ turn left, right foot forward
6-7 Left foot forward slightly across right foot, right foot forward slightly across left foot
8&1 Left foot cross in front of right foot, replace weight onto right foot, left foot to left side

CUBAN BREAK, ¼ TURN TO RIGHT, ½ TURN TO RIGHT, HIP ROCK

2& Right toe across left foot, replace weight onto left foot while moving forward slightly with left foot
3& Right toe to right side, replace weight to left foot while moving forward slightly with left foot
4&5 Right toe across left foot, replace weight onto left foot, ¼ turn to right stepping forward onto right foot

While dancing Cuban break travel forward slightly

6-7 Left foot forward, ½ turn to right replacing weight onto right foot
8 Left foot to left side taking hip to left
& Replace weight onto right foot

REPEAT
