

Boogie Bear Cha Cha

COPPER KNOB
STEPPERS

拍數: 48 牆數: 1 級數: Improver social cha
編舞者: Rita Thompson (USA)
音樂: I Can't Get Over You - Brooks & Dunn



I choreographed this dance in honor of my grandson, Edward Van Thompson, III, born on April 7, 1997. He keeps me young so that I can teach him to Cha-cha some day. Memaw Rita thinks he's a natural born dancer!

(Rita Thompson is Jo Thompson's mom.)

FORWARD AND BACK CHA-CHA BASIC

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

STEP, ½ TURN RIGHT, FORWARD CHA, STEP, ½ TURN LEFT, FORWARD CHA

1-2 Step forward left foot, turn ½ right shifting weight forward to right foot
3&4 Step forward with left foot, step together with right, step forward with left
5-6 Step forward right foot, turn ½ left shifting weight forward to left foot
7&8 Step forward with right foot, step together with left, step forward with right

FORWARD AND BACK CHA-CHA BASIC

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

CROSS ROCK, RECOVER, SIDE CHA LEFT, CROSS ROCK, RECOVER, SIDE CHA RIGHT

1-2 Rock left foot across in front of right, recover weight back to right foot
3&4 Step left foot to left side, step together with right, step left foot to left side
5-6 Rock right foot across in front of left, recover weight back to left foot
7&8 Step right foot to right side, step together with left, step right foot to right side

SPOT TURN RIGHT, SIDE CHA LEFT, SPOT TURN LEFT, SIDE CHA RIGHT

1-2 Step left foot across in front of right, with weight on left, turn full turn right, recover weight forward to right foot across in front of left
3&4 Step left foot to left side, step together with right, step left foot to left side
5-6 Step right foot across in front of left, with weight on right, turn full turn left, recover weight forward to left foot across in front of right
7&8 Step right foot to right side, step together with left, step right foot to right side

ROCK BACK, RECOVER, SIDE CHA LEFT, ROCK BACK, RECOVER, SIDE CHA RIGHT

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

REPEAT