

Black & White

拍數: 64 牆數: 2 級數: Intermediate social cha
編舞者: Bill Ray (USA)
音樂: Living In Black and White - Eddy Raven



½ TURN RIGHT, CHA-CHA-CHA, ½ TURN LEFT, CHA-CHA-CHA

- 1 Step forward on left foot
- 2 Pivot ½ turn to right on ball of left foot and shift weight (forward) to right foot
- 3&4 Execute left triple step (left, right, left) in place
- 5 Step forward on right foot
- 6 Pivot ½ turn to left on ball of right foot and shift weight (forward) to left foot
- 7&8 Execute right triple step (right, left, right) in place

MODIFIED CHA-CHA "CHASES"

- 1 Step forward on left foot
- 2 Pivot ½ turn to right on ball of left foot and shift weight (forward) to right foot
- 3&4 Turn ½ turn to right (12:00) while executing left triple step (left, right, left)
- 5 Rock back on right foot
- 6 Rock forward on left foot
- 7 Step forward on right foot
- 8 Touch left toe beside right foot

MERENGUE STEPS TO LEFT & CHA-CHA "BASIC"

- 1 Step to left on left foot
- 2 Step right foot beside left foot
- 3 Step to left on left foot
- 4 Step right foot beside left foot
- 5 Rock forward on left foot
- 6 Rock back on right foot
- 7&8 Execute left triple step (left, right, left) in place

MERENGUE STEPS TO RIGHT & CHA-CHA "BASIC"

- 1 Step to right on right foot
- 2 Step left foot beside right foot
- 3 Step to right on right foot
- 4 Step left foot beside right foot
- 5 Rock back on right foot
- 6 Rock forward on left foot
- 7&8 Execute right triple step (right, left, right) in place

¼ TURN RIGHT, ¼ TURN LEFT (TRIPLE), ¼ TURN RIGHT, ¼ TURN LEFT (TRIPLE)

- 1 Pivot ¼ turn to right on ball of right foot and step forward (3:00) on left foot
- 2 Recover (rock) back on right foot
- 3&4 Turn ¼ turn to left (12:00) while executing left triple step (left, right, left)
- 5 Pivot ¼ turn to right on ball of left foot and rock back on right foot
- 6 Recover (rock) forward on left foot
- 7&8 Turn ¼ turn to left (12:00) while executing right triple step (right, left, right)

¼ TURN RIGHT, ½ TURN LEFT (TRIPLE), ½ TURN LEFT, ¼ TURN LEFT (TRIPLE)

- 1 Pivot ¼ turn to right on ball of right foot and step forward (3:00) on left foot
- 2 Recover (rock) back on right foot

- 3&4 Turn ½ turn to left (9:00) while executing left triple step (left, right, left)
5 Step forward (9:00) on right foot
6 Pivot ½ turn to left on ball of right foot and shift weight (forward) to left foot
7&8 Turn ¼ turn to left (12:00) while executing right triple step (right, left, right)

FORWARD BREAK, LOCK STEPS BACK, ½ TURN LEFT

- 1 Rock forward on left foot
2 Rock back on right foot
3&4 Step back on left foot, cross right foot over left, step back on left foot
5&6 Step back on right foot, cross left foot over right, step back on right foot
7-8 Step-turn ½ turn to left while stepping left, right (finish facing 6:00)

FORWARD BREAK, SYNCOPATED "OUT & CROSS" STEPS, ROCKS

- 1 Rock forward on left foot
2 Rock back on right foot
3&4 Rock to left on left foot, step (recover) to center on right foot, cross left foot over right
5&6 Rock to right on right foot, step (recover) to center on left foot, cross right foot over left
7 Rock (sway) to left on left foot
8 Rock (sway) to right on right foot

REPEAT

TAG

After the second repetition

- 1-16 Dance the first 16 counts of the dance
17 Rock (sway) to left on left foot
18 Rock (sway) to right on right foot
19&20 Execute left triple step (left, right, left) in place
21 Rock (sway) to right on right foot
22 Rock (sway) to left on left foot
23&24 Execute right triple step (right, left, right) in place

Then, resume the dance with count 1
