

Bella's Cha Cha

拍數: 72 牆數: 2 級數: Intermediate
編舞者: John Mulhall (USA)
音樂: Third Rate Romance - Sammy Kershaw



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- 1 Step left forward
2 Touch right toe together
3 Kick right forward, ball change
&4 Step right together, step left together
5-6 Step right forward, touch left toe together
7 Kick left forward, ball change
&8 Step left together, step right together
- 1 Step left across in front of right
2 Touch right toe to the side
3 Step right across in front of left
4 Touch left toe to the side
5 Step left across in front of right
6 Touch right toe to the side
7 Step right across in front of left
8 Touch left toe to the side
- 1-2 Step weight onto left, step right behind left
3&4 Turn $\frac{1}{4}$ turn right shuffle forward: left-right-left
5-6 Step right to the side, step left behind right
7&8 Turn $\frac{1}{4}$ turn left shuffle forward: right-left-right
- 1-2 Step left forward, pivot turn $\frac{1}{2}$ turn right take weight on right
3&4 Shuffle forward: left-right-left, traveling forward & turning $\frac{1}{2}$ turn left
5&6 Shuffle right-left-right, traveling in the same direction turning
7&8 Turn $\frac{1}{2}$ turn left shuffle: left-right-left
- 1 Step right forward, turn $\frac{1}{2}$ turn left
2 Take weight on left
3&4 Shuffle forward: right-left-right, traveling forward & turning
5&6 $\frac{1}{2}$ turn right-shuffle: left-right-left, traveling in the same direction turning
7&8 $\frac{1}{2}$ turn right-shuffle: right-left-right
- 1-2 Step left forward, rock back onto right
3&4 Shuffle back: left-right-left
5-6 Step right back, rock forward onto left
7&8 Shuffle forward: right-left-right
- 1 Pointing toe in-touch left toe together
2 Pointing toe out-touch left heel together
3&4 Shuffle across in front: left-right-left
5 Pointing toe in-touch right toe together
6 Pointing toe out-touch right heel together
7&8 Shuffle across in front: right-left-right
- 1-2 Step left to the side, step right behind left

3&4 Turning $\frac{1}{4}$ turn left-shuffle: left-right-left
5 Step right forward, turning $\frac{1}{4}$ turn left
6 Take weight onto left
7&8 Shuffle across in front: right-left-right

1-2 Step left to the side, step right behind left
3&4 Turning $\frac{1}{4}$ turn left-shuffle: left-right-left
5 Step right forward, turning $\frac{1}{2}$ turn left
6 Take weight onto left, turning $\frac{1}{4}$ turn left
7&8 Shuffle to the side: right-left-right

REPEAT
