

Bahama Cha Cha

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Bob Izral (USA)
音樂: Sex on the Beach - T-Spoon



Regarding the execution of the "in-out": between knee hugs and toe touches, the leg turns out so the knee will face up on the toe touch. The toe is pointed straight to the side, the knee is straight, the heel is under the ankle and off the floor. The motion should be fast, sharp and clean

LEFT ROCK STEP TO SIDE, CROSS STEP, RIGHT CHA-CHA TO SIDE, PIVOT ¼ RIGHT, RIGHT ROCK STEP FORWARD

1-2-3 Rock left to side, step right to side and slightly backward, cross left in front
4&5 Right cha-cha to side
6-7 Pivot ¼ right on ball of right foot and rock left forward, replace right backward

LEFT CHA-CHA TURNING ¾ LEFT, STEP, TURN

8&1 Left cha-cha turning ¾ left
2-3 Step right forward (facing 6:00), pivot ½ right on ball of right foot and step left backward (facing 12:00)

LOCKED CHA-CHAS AND ROCK STEPS

4&5 Step right backward, lock left in front of and to right of right foot, step right backward
6-7 Rock left backward, replace right forward
8&1 Step left forward, lock right behind and to left of left foot, step left forward
2-3 Rock right forward, replace left backward

RIGHT CHA-CHA TURNING ¾ RIGHT, LEFT ROCK STEP TO SIDE

4&5 Right cha-cha turning ¾ right (facing new wall, 9:00)
6-7 Rock left to side, replace right to side

LEFT CROSSED CHA-CHA, IN-OUT, RIGHT CHA-CHA TO SIDE, IN-OUT, SLIDE LEFT TOGETHER

8&1 With left foot crossed in front of right foot, left cha-cha traveling slightly to the right
& Hug right knee in front of left thigh
2 Touch right toe to side (turn leg out. Face right: "the nose follows the toes.")
3 Hug right knee in front of left thigh (face forward.)
4&5 Right cha-cha to side
& Hug left knee in front of right thigh
6 Touch left toe to side (turn leg out. Face left: "the nose follows the toes.")
7-8 Slide left toe slowly next to right foot (face forward.)

REPEAT