

Banca Cha

拍數: 32 牆數: 4 級數: Beginner
編舞者: Raymond Sarlemijn (NL) & Ernst Roggeveen
音樂: Banca Banca - E-Type



STEP FORWARD, POINT, POINT, SAILOR STEP, POINT, POINT, SAILOR STEP

1 Step left foot forward
2 Point right foot across left foot
3 Point right foot right
4&5 Sailor step right foot, left foot, right foot
6 Point left foot across right foot
7 Point left foot left
8&1 Sailor step left foot, right foot, left foot

WALK, WALK, CHA-CHA-CHA FORWARD, PIVOT TURN ½, MAMBO CROSS

2 Step right foot forward
3 Step left foot forward
4&5 Cha-cha forward right foot, left foot, right foot
6 Step left foot forward
7 Turn ½ over right, put weight on right foot
8 Step left foot to left
& Recover weight on right foot
1 Cross left foot over right foot

MAMBO CROSS, TOUCH FLICK TURN ¼ RIGHT, ROCK HITCH, COASTER STEP

2 Step out right foot to right
& Recover weight on left foot
3 Cross right foot over left foot
4 Touch left foot to left
5 Flick left foot backwards, while doing this turn ¼ right
6 Rock left foot forward
7 Recover weight on right foot, while doing this hitch left foot knee up
8&1 Coaster step left foot, right foot, left foot

WALK, WALK, CHA-CHA-CHA, PIVOT TURN ½, CHA-CHA-CHA

2 Step right foot forward
3 Step left foot forward
4&5 Cha-cha-cha forward right foot, left foot, right foot
6 Step left foot forward
7 Turn ½ over right, put weight on right foot
8&1 Cha-cha-cha left foot, right foot, left foot

REPEAT
