

Banca Cha Cha

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Winnie Yu (CAN) - June 2007
音樂: Banca Banca - E-Type



Intro: 32 counts

Sec. 1: CROSS ROCK, RECOVER, LEFT CHASSE, CROSS ROCK, RECOVER, RIGHT CHASSE

1-2 Cross rock left over right, recover onto right
3&4 Step left to left, close right to left, step left to left side
5-6 Cross rock right over left, recover onto left
7&8 Step right to right side, close left to right, step right to right side (12:00)

Sec.2: TOES TOUCHES, SAILOR ¼ TURN LEFT, TOES TOUCHES, SAILOR ½ TURN RIGHT

1-2 Touch left toe forward, touch left toe to side
3&4 Make a ¼ turn left stepping back on left, step right beside left, step forward on left (9:00)
5-6 Touch right toe forward, touch right toe to side
7&8 Make a ¼ turn right stepping back on right, step left beside right, make a ¼ turn right stepping forward on right (3:00)

Sec.3: HIP BUMPS FWD X 2, ROCK, RECOVER, ½ TURN, FWD SHUFFLE

1&2 Step forward on left and bump hips –forward, back, forward
3&4 Step forward on right and bump hips- forward, back. forward
5-6 Rock forward on left, recover onto right
7&8 Make a ½ turn left stepping on left, step right behind left, step forward on left (9:00)

Sec. 4: 1/2 TURN LEFT, 1/2 TURN LEFT, FWD, PIVOT ¼ TURN, ROCK, RECOVER, SIDE

1&2 Triple Step Making a ½ turn left (shuffle back) (3:00) * EZ option: Right shuffle forward
3&4 Triple Step Making a ½ turn left (shuffle forward) (9:00) * EZ option: Left shuffle forward
5-6 Step forward on right, pivot ¼ turn left (6:00)
7&8 Rock forward on right, recover onto left, step right to right side

Option for Intermediate Level students:-

This dance have 2 restarts @ wall 3 & wall 7, then became A 4 wall line dance.

Ending : after wall 12 - 6:00, add 4 count:-

1-2 Rock Left Forward , recover onto right,
3&4 Left Sailor 1/2 L back to 12:00

Sq: 32,32,16-Restart@3:00, 32,32,32,16-Restart@12:00, 32x5,+4

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*Revised Nov.,2014