

My Cha Cha

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Bronya Bishorek (MY)
音樂: Chacha Mu Chacha (Cha Cha Cha / 31 Bpm) - Ballroom Orchestra & Singers :
(Album : Giants of Latin Blue Midnight)



First place in Dancefantasia 2007, Choreography Division
(Penang, June 2007)

BASIC CHA CHA, ALEMANA (UNDERARM TURN)

1,2,3 Step LF to left, step RF back, step LF forward
4&5 Chasse forward – R, L, R
6,7 Step LF across RF towards right diagonal (2:30), ½ turn right (7:30)
8&1 Turn to face 12:00 and shuffle left – L, R, L

¼ RIGHT, SIT WITH ATTITUDE, ROLL HIPS, ¼ LEFT, SAILOR STEP

2, 3 Make a ¼ turn right and step RF back, sit with weight on RF
4&5 Roll hips anti-clockwise while standing up, finish with hips pushed back
(Guys can do this with their rib cage instead)
6, 7 Step forward on LF, ¼ turn left and step RF to right
8&1 Do a sailor step to your right with your L, R, L

SAILOR STEP, WEAVE, ¼ RONDE LEFT, STEP BACK, WALK WALK

2&3 Do a sailor step to your left with your R, L, R
4&5 Step LF behind R, step RF to R, step LF across R
a,6 Do a ¼ left ronde with LF finishing with LF behind RF while putting weight on RF
7, 8, 1 Transfer weight to LF, walk forward R, L

HIP ROCK STEP R, HIP ROCK STEP L, ROCKING CHAIR RF, HIP ROCK STEP R

2&3 With RF at R diagonal, push R hip forward, back and step to R diagonal
4&5 With LF at L diagonal, push L hip forward, back and step to L diagonal
6&7& Step RF forward, recover weight to LF, step RF back, recover weight to LF
8&1 With RF at R diagonal, push R hip forward, back and step to R diagonal

MAMBO FORWARD, RECOVER, R COASTER BACK X 4 TO EACH WALL (ACW)

2&3 Rock forward on LF, recover weight on RF, step back on LF (9:00)
4&5 Step back on ball RF, bring LF next to R on ball, step forward on RF
6&7 ¼ turn left and rock forward on LF, recover weight on RF, step back on LF (6:00)
8&1 Step back on ball RF, bring LF next to R on ball, step forward on RF

2&3 ¼ turn left and rock forward on LF, recover weight on RF, step back on LF (3:00)
4&5 Step back on ball of RF, bring LF next to R on ball, step forward on RF

6&7 ¼ turn left and rock forward on LF, recover weight on RF, step back on LF (12:00)
8&1 Step back on ball of RF, bring LF next to R on ball, step forward on RF

REVERSE WEAWE R, SIDE ROCK CROSS, TOGETHER, REVERSE WEAWE L, SIDE ROCK TURN

2&3 Cross LF over R, step RF to R, cross LF behind R
4&5& Rock RF to R, recover weight on LF, cross RF behind L, step LF next to R
6&7 Cross RF over L, step LF to L, cross RF behind L
8&1 Rock LF to L, recover weight to RF, ¼ L and step LF back

CHASSE BACK RF, LF, ROCK RECOVER, STEP TAP SIDE

2&3 Chasse backwards R, L, R

4&5 Chasse backwards L, R, L

6, 7 Rock back on RF, recover weight on LF

8&1 Step forwards on RF, tap LF behind R, step LF to L (as in beginning of dance)

REPEAT AGAIN! The dance moves ACW around the floor.

ENJOY THE DANCE!
