

Body Cha

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner Cha Cha
編舞者: Niels Poulsen (DK) - April 2008
音樂: El Bodeguero - Emmanuel : (Album: Los Macao Exitos De Oro Del Cha Cha)



Intro: 64 counts from first beat in music, 31 seconds into track

(1 – 8) ¼ R, rock fw L, ½ shuffle L, rock fw R, ¼ R to R side, together

- 1 – 3 Turn ¼ R stepping fw on R, rock fw on L, recover R 3:00
- 4&5 Turn ¼ L stepping L to L side, bring R next to L, turn ¼ L stepping L fw 9:00
- 6 – 7 Rock fw R, recover L 9:00
- 8& Turn ¼ R stepping R to R side, bring L next to R (note: 8&1 is a triple step on the spot) 12:00

(9 – 16) Weight change, step ½ turn R, step lock step, step ¼ L, cross R over L

- 1 – 3 Change weight to R, step fw L, turn ½ R (weight R) 6:00
- 4&5 Step L fw, lock R behind L, step fw L 6:00
- 6 – 7 Step fw R, turn ¼ L recovering weight to L 3:00
- 8 Cross R over L 3:00

(17 – 24) Point, cross, point, cross, step back, hold, ¼ R fw R, step lock

- 1 – 3 Point L to L side, cross L over R, point R to R side 3:00
- 4 – 5 Cross R over L, step fairly long step back on L leaving R pointed fw 3:00
- 6 – 7 Hold, turn ¼ R stepping fw on R 6:00
- 8& Step fw on L, lock R behind L 6:00

(25 – 32) Step fw L, rock fw R, ¼ R, cross point, hold, side L, touch together

- 1 – 3 Step fw L, rock fw R, recover L 6:00
- 4 – 5 Turn ¼ R stepping R to R side, cross point L over R 9:00
- 6 – 7 Hold, step L to L side 9:00
- 8 Touch R next to L 9:00

BEGIN AGAIN!

Tag: After wall 6, facing 6:00, there's a 4 count break in the music. Do this: step R to R side bumping hips R, L, R, L. Then restart dance with your ¼ turn R.

Ending : After wall 10, facing 6:00, the music will stop. To end facing 12:00 do this: