

Don't Drop Your Cha

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate / Advanced Cha Cha
編舞者: Niels Poulsen (DK) - August 2008
音樂: Drop - Ying Yang Twins : (Single release, 2008)



Intro: 32 counts from first beat in music, 32 seconds into track. Start with weight on L.

(1 – 8) ½ Monterey R, L step lock step, rock R fw & kick R fw, back R, back L

1 – 3 Point R to R side, make sharp ½ R bringing R next to L, point L to L side 6:00
4&5 Step fw on L, lock R behind L, step fw on L 6:00
6 – 7 Rock fw on R, recover back on L kicking R sharply fw 6:00
8& Step small step back on R, step small step back on L (travelling backwards) 6:00

(9 – 16) Toe points X 2, kick R fw & step out out, roll hips anti-clockwise

1&2& Point R foot fw, step back on R, point L foot fw, step back on L (travelling backwards) 6:00
3&4 Kick R fw, step back on R and slightly to R side, step L out to L side (weight even!) 6:00
5 – 8 Roll hips anti-clockwise ending with weight on R (option: do 2 rolls or one slow...) 6:00

(17 – 24) Ball ¼ turn L, step ½ R, ¼ R into L chasse, hip sways R L, back rock R

&1 – 3 Close L behind R, make ¼ L stepping fw R, step fw L, turn ½ R (weight R) 9:00
4&5 Turn ¼ R on R stepping L to L, bring R next to L, step L to L swaying hips to L side 12:00
6 – 7 Sway hips to R side, sway hips to L side 12:00
8& Rock back on R, recover to L foot 12:00

(25 – 32) 1/8 L back on R, 2 walks back, L coaster with 1/8 L, walk fw R L R

1 – 3 Turn 1/8 L pushing off L foot stepping back on R leaving L leg pointed, walk back L R 10:30
4&5 Step back on L, bring R next to L, turn 1/8 L stepping fw on L 9:00
6 – 7 – 8 Walk fw R L R (on last walk prep upper-body slightly to R side getting ready to turn L) 9:00

(33 – 40) ½ L, ¼ L side step, point R, 1 ¼ turn R, step fw L, ¼ L, back rock L

1 – 3 Turn ½ L on R ending with L leg pointed fw, turn ¼ L stepping L to L, point R to R 12:00
4&5 Turn ¼ R stepping fw R, turn ½ R stepping back L, turn ½ R stepping fw R 3:00
6 – 7 Step fw L, turn ¼ L stepping R to R side 12:00
8& Rock back on L, recover weight to L 12:00

(41 – 48) Side L, behind side fw, ½ L, ½ L, unwind ½ L with sweep, ¼ L lock, ¼ L

1, 2&3 Step L to L side, cross R behind L, step L to L side, step fw on R 12:00
4&5 Turn ½ L stepping onto L, turn ½ L stepping back on R, unwind ½ L on R foot sweeping L around 6:00
6&7 Continue turning another ¼ L on R foot stepping onto L, lock R behind L, step fw L 3:00
8 Make sharp ¼ L stepping R foot to R side into a sway with your hips to R side 12:00

(49 – 56) Sway L, behind side fw, 2 walks, jump/close, recover sweep, ¼ L coaster

1, 2&3 Sway hips to L side, cross R behind L, step L to L side, step fw on R 12:00
4 – 5 Walk fw L, walk fw R 12:00
&6 – 7 Jump fw on toes of L, close R behind L (POSE!), step back on R sweeping L around 12:00
8& Turn ¼ L stepping back on L, bring R next to L 9:00

(57 – 64) Fw L, rock R fw, ½ shuffle R, step ¼ R, L kick ball

1 – 3 Step fw L, rock fw R, recover weight back to L 9:00
4&5 Turn ¼ R stepping R to R side, bring L next to R, turn ¼ R stepping fw on R 3:00
6 – 7 Step fw L, turn ¼ R (weight R) 6:00
8& Kick L foot fw, bring L next to R 6:00

Begin Again!
