Ying Yang Cha

拍數: 32

級數: Improver

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

Note: This is a floor-split to my own int/adv cha cha called Don't Drop Your Cha

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

- 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 6:00
- 8& Step back on R, lock L in front of R 6:00

(9 – 16) Back R, walk back L R, & step out out, 4 hip bumps

- 1 3 Step back on R, walk back L, walk back R 6:00
- &4 Step L out to L side, step R out to R side (weight R) 6:00
- 5 8 Bump hips L R L R ending with weight on R 6:00

(&17 - 24&) Ball ¼ turn L, step ½ R, ¼ R into L chasse, R back rock, R chasse

- &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 side 12:00
- 6 7 Rock back on R, recover weight to L 12:00
- 8& Step R to R side, bring L next to R 12:00

(25 – 32&) 1/8 L back, 2 walks, L triple step with 1/8 L, walk fw R, touch, L kick ball

- 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 L next to R, bring R next to L, turn 1/8 L stepping fw on L 9:00
- 6 7 Walk fw R, touch L next to R 9:00
- 8& Kick L fw, bring L next to R (weight L) 9:00

Begin Again!





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牆數:4