

Dash

拍數: 32 牆數: 2 級數: Improver
編舞者: Michele Perron (CAN) - May 2009
音樂: 100 Yard Dash - Raphael Saadiq : (CD: The Way I See It)



Introduction: 32 Counts

Or Music: That's How Much You Mean to Me (C/W Alt) by Hal Ketchum, CD: Lucky Man 114bpm

Sec 1 (1-8) Side, Break/Forward, Recover/Back, R Cha Back, Break/Back, R Recover/Forward, L Cha Forward

1-3 LEFT Step side L; RIGHT Break/Step forward; LEFT Recover/Step back
4&5 RIGHT Cha Cha back (R back, L beside, R back)
6,7 LEFT Break/Step back; RIGHT Recover/Step forward
8&1 LEFT Cha Cha forward diagonal R (L forward, R beside, L forward)

Sec 2 (9-16) R Cha Forward, L Cha Forward, Break/Forward, Recover/Back. &-Rock-Hitch

2&3 RIGHT Cha Cha forward diagonal R (R forward, L beside, R forward)
4&5 LEFT Cha Cha forward diagonal R (L forward, R beside, L forward)
6,7 RIGHT Break/Step forward diagonal R; LEFT Recover/Step back diagonal L
8&1 RIGHT Step back & crossed behind L; LEFT Rock/Step forward; RIGHT Knee Hitch 'Up'

[Sec 2 faces diagonal R]

Sec 3 (17-24) Behind, Turn, R Cha Forward, Forward, Turn, L Cha Cha Turn

2,3 RIGHT Step back & crossed behind L; Turn 1/4 L with LEFT Step forward (9 o'clock)
4&5 RIGHT Cha Cha forward (R forward, L beside, R forward)
6,7 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (in place) (3 o'clock)
8&1 Turn 1/2 R with LEFT Cha Cha back (9 o'clock)

(1/4 Turn with L side, R across front of L, 1/4 Turn with L back)

Sec 4 (25-32) Break/Back. Recover/Forward, R Cha Forward, Break Forward, Recover/Back, Turn, Together

2,3 RIGHT Break/Step back; LEFT Recover/Step forward
4&5 RIGHT Cha Cha forward (R forward, L beside, R forward)
6,7 LEFT Break/Step forward; RIGHT Recover/Step back
8& Turn 1/4 L with LEFT Step side L; RIGHT Step beside L (6 o'clock)

Begin Again

Also, this dance can be used as a "split floor" dance with any Intermediate/Advanced Level cha cha line dances.