

# 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.