

Isla's Cha Cha

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Judith Campbell (NZ) - April 2010
音樂: Aotearoa - Isla Grant



Intro: 16 counts. Start on word road

Or Music: L.O.V.E. by Olivia Ong

Cross Rock Recover, Triple Step, Cross Rock Recover, Triple Step

1-2,3&4 Cross/rock right over left, recover to right, triple in place right, left, right
5-6,7&8 Cross/rock left over right, recover to left, triple in place left, right, left

Rock Forward Recover, Shuffle Back, Toe Heel Strut, Shuffle Back

1-2,3&4 Rock right forward, recover to left, chassé back right, left, right
5-6,7&8 Step left toe back, drop left heel, chassé back right, left, right

Rock Back Recover, Shuffle Forward, Two ¼ Paddle Turns

1-2,3&4 Rock left back, recover to right, chassé forward left, right, left
5-6,7-8 Step right forward, turn ¼ left (weight to left), step right forward, turn ¼ left (weight to left)
(6:00)

Two ¼ Paddle Turns, Two Cross Sambas

1-4 Step right forward, turn ¼ left (weight to left), step right forward, turn ¼ left (weight to left)
(12:00)
5&6 Cross right over left, step left to side, step right to side
7&8 Cross left over right, step right to side, step left to side

Side Rock Recover Cross Shuffle, Side Rock, Recover With ¼ Turn Right, Shuffle Forward

1-2,3&4 Rock right to side, recover to left, crossing chassé right, left, right
5-6,7&8 Step left to side, turn ¼ right (weight to right) (3:00), chassé forward left, right, left

Step Lock, Shuffle Forward, Step Touch Ball Step Touch

1-2,3&4 Step right diagonally forward, lock left behind right, chassé forward right, left, right
5-6&7-8 Step left diagonally forward, touch right together, step right back, step left forward, touch right together

Step ¼ Hook, Triple Step, Two Shuffles Forward

1-2 Step right forward, turn ¼ left and hook left over right (12:00)
3&4 Triple in place left, right, left
5&6,7&8 Chassé forward right, left, right, chassé forward left, right, left

Step ¼ Hook, Triple Step, Two Shuffles Forward

1-2 Step right forward, turn ¼ left and hook left over right (9:00)
3&4 Triple in place left, right, left
5&6,7&8 Chassé forward right, left, right, chassé forward left, right, left

Repeat

RESTART: On wall 4, (instrumental music) dance the first 32 counts, then restart the dance