

LA cHA TA

拍數: 64 牆數: 4 級數: Intermediate
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音樂: LA chA TA - f(x)



Sequence - 64, 32, Tag 1, 48, Restart 1, 32, Tag 2, 32, Restart 2, 64, Tag 1
Start 32 counts from heavy beat

(1 – 8) SIDE ROCK RECOVER x 2, PRESS R, HEEL TWIST, FLICK

1 & 2 Side rock R, recover on L, step R next to L
3 & 4 Side rock L, recover on R, step L next to R
5, 6 & 7, 8 Press R diagonally to R, twist heel out, in, out & flick to R

(9 – 16) COASTER CROSS, COASTER HEEL SWITCH, PIVOT 1/2 TURN L

1, 2 & 3 Cross R over L, Step L behind, step R next L, cross L over R,
4 & Step back R, Step L beside R
5 & 6 & Step R heel forward, recover, switch L heel forward, recover
7, 8 Step R forward, Pivot 1/2 turn L (weight on L) [6]

(17 – 24) SIDE ROCK RECOVER x 2, PRESS R, HEEL TWIST, FLICK

1 & 2 Side rock R, recover on L, step R next to L
3 & 4 Side rock L, recover on R, step L next to R
5, 6 & 7, 8 Press R diagonally to R, twist heel out, in, out & flick to R

(25 – 32) COASTER CROSS, COASTER HEEL SWITCH, PIVOT 1/4 TURN L

1, 2 & 3 Cross R over L, Step L behind, step R next L, cross L over R,
4 & Step back on R, Step L beside R
5 & 6 & Step R heel forward, recover, switch L heel forward, recover
7, 8 Step R forward, Pivot 1/4 turn L (weight on L) [3]

RESTART 2- facing 3 o'clock

(33 – 40) HEEL TWIST, L COASTER, KICK BALL STEP

1 & 2 & Twist R heel in, out, Twist L heel in, out
3 & 4 Twist R heel in, out, Twist L heel in
5 & 6 Step back on L, Step R beside L, Step forward on L
7 & 8 R Kick ball step

(41 – 48) SAILOR R, 1/2 TURN SAILOR L, CROSS TOUCH, SHOULDER POP

1 & 2 Step R behind L, Step L to L side, Step R to R side
3 & 4 Step L behind R making 1/2 turn L, step R to R, step L to L [9]
5 & 6 & Cross touch R over L, recover, cross touch L over R recover
7, 8 With feet apart, do shoulder pop to R then L (weight on L)

RESTART 1- facing 3 o'clock

(49 – 56) HEEL TWIST, L COASTER, KICK BALL STEP

1 & 2 & Twist R heel in, out, Twist L heel in, out
3 & 4 Twist R heel in, out, Twist L heel in
5 & 6 Step back on L, Step R beside L, Step forward on L
7 & 8 R Kick ball step

(57 – 64) SAILOR R, 1/2 TURN SAILOR L, CROSS TOUCH, SHOULDER POP

1 & 2 Step R behind L, Step L to L side, Step R to R side
3 & 4 Step L behind R making 1/2 turn L, step R to R, step L to L [3]

5 & 6 & Cross touch R over L, recover, cross touch L over R recover
7, 8 With feet apart, do shoulder pop to R then L (weight on L)

TAG 1 – facing 6 o'clock (2 x 8)

(1 – 8) SYNCOPATED WEAVE TO L , 1/2 PADDLE TURN R

1 & 2 & 3 & 4 Step R behind L, L to L, R cross over L, L to L, R behind L, L to L, R cross over L
5,6,7,8 4 X Paddle 1/8 turn R by pressing L [12]

(9 – 16) SYNCOPATED WEAVE TO L , 1/2 PADDLE TURN R

1 & 2 & 3 & 4 Step R behind L, L to L, R cross over L, L to L, R behind L, L to L, R cross over L
5,6,7,8 4 X Paddle 1/8 turn R by pressing L [6]

Ending on Tag 1 do a full paddle turn R on count 9 -16 with a striking pose facing front wall.
