

# LA cHA TA

拍數: 64                      牆數: 4                      級數: Intermediate  
編舞者: Jaszmine Tan (MY) - May 2010  
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.**

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