

La Cha Ta

拍數: 80 牆數: 0 級數: Phrased Intermediate
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音樂: LA chA TA - f(x)



Sequence: A A B C1 A A(1-16) B C2 A B B C1
Intro : 32 counts

SEQUENCE A

(1) (DOUBLE HIP BUMPS)x2 , FWD , PIVOT 1/2 TURN , TOUCH , SHUFFLE FWD

1 & 2 Step R fwd bump hips to fwd , bwd , fwd ,
3 & 4 Step L fwd bump hips to fwd , bwd , fwd
5 6 Step R fwd , pivot 1/2 turn left touch L toes beside R ,
7 & 8 Shuffle fwd on L , R , L ,

(2) SIDE , TOUCH , SIDE , TOUCH , SWAY x4

1 2 Step R to right side , Touch L beside R ,
3 4 Step L to left side , Touch R beside L ,
5 8 Sway hips to R ,L ,R ,L

(3) (SIDE , TOGETHER , SIDE , POINT) x 2

1 2 Step R to right side ,step L beside R ,
3 4 Step R to right side , Point L to left side ,
5 6 Step L to left side ,step R beside L ,
7 8 Step L to left side , Point R to right side ,

(4) ROCK BACK , RECOVER , SHUFFLE FWD , POINT , POINT , CLOSE L , UNWIND

1 2 Rock back on R , recover on L
3 & 4 Shuffle fwd on R , L , R ,
5 6 Touch L toes fwd , touch L toes to L side ,
7 8 Toes L across R foot , unwind 1/2 turn right with weight ending up on L foot ,

SEQUENCE B

(1) (CROSS ROCK BEHIND ,RECOVER ,SIDE) X2 , BUMP THREE TIMES , HOLD

1 & 2 Cross rock R behind L , recover on L , step R to right side ,
3 & 4 Cross rock L behind R , recover on R , step L to left side ,
5 6 Bump hip to left diagonal twice ,
7 8 Bump hip to left diagonal , hold ,

(2) (CROSS ROCK BEHIND , RECOVER , SIDE) X 2 , (HIP BUMP) x 4

1 & 2 Cross rock R behind L , recover on L , step R to right side ,
3 & 4 Cross rock L behind R , recover on R , step L to left side ,
5 6 Bump hip to left diagonal twice ,
7 8 Bump hips to right , left

(3) (FWD , LOCK STEP , SCUFF) X 2

1 2 Step fwd on R , cross lock L behind R ,
3 4 Step fwd on R , Scuff L fwd
5 6 Step fwd on L , cross lock R behind L ,
7 8 Step fwd on L , Scuff R fwd

(3) ROCK , RECOVER , TRIPLE 1/2 TURN , COASTER STEP ,

1 2 Rock fwd on R , Recover on L ,

3 & 4 Triple 1/2 turn right stepping R , L , R
5 6 Rock fwd on L , recover on R ,
7 8 Step back on L , step R beside L , Step fwd on L,

SEQUENCE C

(1) WALK FWD x3 , POINT , WALK BWD x3 , POINT

1 – 3 Walk fwd on R , L , R
4 Point L to left side ,
5 - 7 Walk bwd on L , R , L
8 Point R to right side

(2) VINE RIGHT , SCUFF , VINE LEFT , SCUFF

1 2 Step R to R side , Close L behind R ,
3 4 Step R to R side , Scuff L beside R ,
5 6 Step L to L side , Close R behind L ,
7 8 Step L to L side , Scuff R beside L ,

(3) ROCKING CHAIR , JAZZ BOX 1/4 TURN

1 2 Rock fwd R , Recover weight to L ,
3 4 Rock back R , Recover weight to L ,
5 6 Cross R over L , Step back L ,
7 8 Make a 1/4 turn R step R fwd , Step L beside R .

C 1 : Sequence C section 1 and section 3

C 2 : Sequence C sections 1 , 2 and 3

ENDING: After jazz box 1/4 turn , one count make body 1/4 turn L facing 12.00
