

Running Cha

拍數: 32 牆數: 4 級數: Improver
編舞者: Mathias Pflug (DE) - July 2012
音樂: Runaway Baby - Bruno Mars



Alternative: "Do The Cha Cha Cha" by Alex Swings Oscar Sings

Intro: Start on main vocals!

Mambo fwd, kick, behind-side-cross, point-touch-point, behind-side-cross

1&2& Step R forward, recover on L, step R beside L, kick L forward
3&4 Cross L behind R, step R to R side, cross L over R
5&6 Point R to R side, touch R beside L, Point R to R side
7&8 Cross R behind L, Step L to L side, cross R over L

Rumba step, shuffle fwd, fast rocking chair, paddle turn 1/4 R x2

1&2 Step L to L side, step R beside L, step L forward
3&4 Step R forward, step L beside R, step R forward
5&6& Step L forward, recover on R, step L back, recover on R
7&8& Step L forward, 1/4 turn R on both balls, step L forward, 1/4 turn R on both balls (6.00)

1/4 turn L cross mambo, step, scuff r+l, shuffle fwd, mambo step forward

1&2 Cross L over R, recover on R, 1/4 turn L stepping L forward (3.00)
3&4& Step R forward, scuff L beside R, step L forward, scuff R beside L
5&6 Step R forward, step L beside R, step R forward
7&8 Step L forward, recover on R, step L beside R

Back strut R+L, coaster step, step-1/2 pivot turn R-step, kick-ball-change

1&2& Step R toe back, drop R heel, step L toe back, drop L heel
3&4 ** Step R back, step L beside R, step R forward
5&6 Step L forward, 1/2 turn R on both balls, step L forward (9.00)
7&8 Kick R forward, step R beside L, step L beside R

Have fun & start again.

Tag (Bruno Mars only) - After wall 2, facing 6 o'clock

1&2 Step R forward, recover on L, step R beside L
3&4 Step L back, recover on R, step L beside R

Tag + Restart (Bruno Mars only) - During wall 4, facing 3 o'clock

Dance up until count 4** on section 4, then step forward on L on count &. Restart

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