High Valley Cha Cha



拍數: 64 牆數: 1 級數: Intermediate - Mirror

編舞者: Rose Squire (CAN) - August 2012

音樂: Have I Told You I Love You Lately - High Valley



SWAY R,L,R,L, ROCK BACK, SHUFFLE 1/2 TURN

1 – 4 Stepping forward slightly on right, sway forward right, back on left, forward on right, back on

left

5-8 Rock back on right, recover to left, shuffle $\frac{1}{2}$ turn to left on r, l, r.

ROCK BACK, SHUFFLE FORWARD, ROCK SIDE, PIVOT 1/4 TURN, CROSS SHUFFLE

9 – 12 Rock back on left, recover to right, shuffle forward l,r,l,

13 – 16 Rock right out to side, recover on left ½ turn left, cross shuffle r,l,r over left

SIDE ROCK, CROSS SHUFFLE, 1/4 TURN TWICE, CHA CHA CHA IN PLACE

17 – 20 Rock out to side on left, recover to right, cross shuffle I,r,I, over right

21 – 24 Step back on right making ¼ turn left, step left to side making another ¼ turn left, cha cha

cha in place, r,l,r

CROSS ROCK, 1/4 TURN SHUFFLE, CROSS ROCK, CHA CHA CHA IN PLACE

25 – 28 Cross rock left over right, recover to right, shuffle ¼ turn to left, l,r,l 29 – 32 Cross rock right over left, recover to left, cha cha in place, r,l,r

SWAY L,R,L,R, ROCK BACK, SHUFFLE 1/2 TURN

33 – 36 Stepping forward slightly on left, sway forward left, back on right, forward on left, back on

right

37 – 40 Rock back on left, recover to right, shuffle ½ turn to right on l,r,l

ROCK BACK, SHUFFLE FORWARD, ROCK SIDE, PIVOT 1/4 TURN, CROSS SHUFFLE

41 – 44 Rock back on right, recover to left, shuffle forward r,l,r,

45 – 48 Rock left out to side, recover on right ¼ turn right, cross shuffle l,r,l over right

SIDE ROCK, CROSS SHUFFLE, 1/4 TURN TWICE, CHA CHA CHA IN PLACE

49 – 52 Rock out to side on right, recover to left, cross shuffle r,l,r, over left

53 – 56 Step back on left making ¼ turn right, step right to side making another ¼ turn right, cha cha

cha in place, I,r,I

CROSS ROCK, 1/4 TURN SHUFFLE, CROSS ROCK, CHA CHA CHA IN PLACE

57 – 60 Cross rock right over left, recover to left, shuffle ¼ turn to right

61 – 64 Cross rock left over right, recover to right, cha cha in place, l,r,l.

REPEAT

NOTE: The first 32 counts are danced starting on front wall, last 32 start on back wall.