Dance & Sing



拍數: 32 牆數: 4 級數: Beginner

編舞者: Mary Frances Chua (MY) - August 2012 音樂: Cantonese Collection (Evon Low)



Start dance after 16 counts of intro music

S1: Touch, Flick, Forward Shuffle, Step Half Turn Right, Half Right Turning Shuffle

1-2 Fwd touch R. R flick to side

3&4 Fwd shuffle R-L-R

5-6 Fwd L step, pivot ½ turn right [6.00]

7&8 ½ turn right again [12.00] slight back shuffle L-R-L

S2: Double Cross Rock Recover, Side Chasse

1-2 Rock R over L, recover on L3&4 Right side chasse R-L-R

5-6 Rock L over R

7&8 Left side chasse L-R-L

(Diagonal hand spread for counts 1-2 and 5-6)

S3: Step Quarter Turn Right, Half Left Turning Shuffle, Rock Recover, Half Right Turning Shuffle

1-2 ¼ turn right [3.00] rock R back, recover on L 4&4 ½ turn left [9.00] slight back shuffle R-L-R

5-6 Rock L back, recover on R

7&8 $\frac{1}{2}$ turn right [3.00] slight back shuffle L-R-L (Hand on waist & raised up the other for counts 1-2 and 5-6)

S4: Rock Recover, Forward Shuffle, Touch Hip Push, Behind Side Cross

1-2 Rock R back, recover on L (stretch out both hands)

3&4 Fwd shuffle R-L-R

5-6 L touch at side with hip push out to left and hip drop back 7&8 Step L behind R, R step to right side, L cross over R

ENDING: Facing 6.00, dance 4 counts with a quick R forward touch (1), side touch (2), ½ turn right with step on R and point L to side with a pose at front.

Enjoy the Cha Cha beats as you DANCE & SING! (A special dedication to my friend Sabrina Yap)

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