Shuffle Cha



拍數: 32 牆數: 4 級數: Beginner - Cha Cha

編舞者: Irene Tang (HK) - January 2013

音樂: Sleeping Child - Michael Learns to Rock



Count In: After 24 counts

OFO 4. OIDE DAOK DOOK	DECOVED D	OLIAGOE EM			OLIAGOE
SEC 1: SIDE, BACK ROCK.	RECOVER R	CHASSE EW	D RUCK. R	KECOVER. I	CHASSE

1 – 3	Side LF to L, Rock RF back, Recover weight to LF
4&5	Side RF to R, Close LF to RF, Side RF to R

Rock LF fwd, Recover weight to RF 6 – 7

8&1 Side LF to L, Close RF to LF, Side LF to L

SEC 2: BACK ROCK, RECOVER, 3 X FWD SHUFFLE

2 – 3	Rock RF back, Recover weight to LF
4&5	Step RF fwd, Lock LF behind RF, Step RF fwd
6&7	Step LF fwd, Lock RF behind LF, Step LF fwd
8&1	Step RF fwd, Lock LF behind RF, Step RF fwd

SEC 3: FWD ROCK, RECOVER, 3 X BACK SHUFFLE

2 – 3	Rock LF fwd, Recover weight to RF
4&5	Step LF back, Lock RF over LF, Step LF back
6&7	Step RF back, Lock LF over RF, Step RF back
8&1	Step LF back, Lock RF over LF, Step LF back

SEC 4: BACK ROCK, RECOVER, 1/4 R CHASSE, FWD ROCK, RECOVER, L CHASSE

2 – 3	Rock RF back, Recover weight to LF start turning 1/4 to L
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4&5 Complete 1/4 and side RF to R, Close LF to RF, Side RF to R (9:00)

6 - 7Rock LF fwd, Recover weight to RF

Side LF to L, Close RF to LF 88

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