

Leta Cha

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Janet (Zhen Zhen) Ge (CN) - February 2013
音樂: Hi! Mrs Leta (嗨!Mrs Leta) - Phoenix Legend (鳳凰傳奇)



Dance Sequence: AAA / BC / AAA / BC / A /BB / Ending

Intro: 4X8 count

Part A (32 counts)

[1-8] Back, Recover, Fwd Shuffle, Fwd, 1/4 Turn L Back, 1/4 Turn L Side Shuffle

1 2 Step right back, recover on left
3&4 Step right forward, step left lock behind right, step right forward
5 6 Step left forward, 1/4 turn L stepping right back
7&8 1/4 turn L stepping left to left side, step right next to left, step left to left side

[9-16] 1/4 Turn R Together, Fwd, Fwd Shuffle, Fwd, 1/2 Turn L Back, Back Shuffle

1 2 1/4 turn R stepping right next to left, step left forward
3&4 Step right forward, step left lock behind right, step right forward
5 6 Step left forward, 1/2 turn L stepping right back
7&8 Step left back, step right lock over left, step left back

[17-24] Back, Recover, 1/4 Turn L Side Shuffle, Cross, Recover, Side Shuffle

1 2 Step right back, recover on left
3&4 1/4 turn L stepping right to right side, step left next to right, step right to right side.
5 6 Cross left over right, recover on right
7&8 Step left to left side, step right next to left, step left to left side

[25-32] Rocking Chair, Fwd, Pivot 1/2 Turn L, Kick ball change

1 2 Step right forward, recover on left
3 4 Step right back, recover on left
5 6 Step right forward, pivot 1/2 turn L
7&8 Kick right forward, step right back, step left next to right

Part B (32 counts)

[1-8] Side, Hold, Back, Recover, Side Shuffle, Together, Together, Side

1 2 Step right to right side, hold.
3 4 Step left cross behind right, recover on right
5&6 Step left to left side, step right next to left, step left to left side
7&8 Step right next left, step left in place, step right to right side

[9-16] 1/4 Turn R Side, Hold, Back, Recover, Side Shuffle, Together, Together, Side

1 2 1/4 turn R step left to left side, hold
3 4 Step right cross behind left, recover on left
5&6 Step right to right side, step left next to right, step right to right side
7&8 Step left next right, step right in place, step left to left side

[17-24] 1/4 Turn R Side, Hold, Back, Recover, Side Shuffle, Together, Together, Side

1 2 1/4 turn R step right to right side, hold
3 4 Step left cross behind right, recover on right
5&6 Step left to left side, step right next to left, step left to left side
7&8 Step right next left, step left in place, step right to right side

[25-32] 1/4 Turn R Side, Hold, Back, Recover, Side Shuffle, Together, Together, Side

1 2 1/4 turn R step left to left side, hold
3 4 Step right cross behind left, recover on left
5&6 Step right to right side, step left next to right, step right to right side
7&8 Step left next right, step right in place, step left to left side

Part C (32 counts)

[1-8] Side, Recover, Cross Shuffle, Side, Recover, Cross Shuffle

1 2 Step right to right, recover on left
3&4 Cross right over left, step left next to right, cross right over left
5 6 Step left to left side, recover on right
7&8 Cross left over right, step right next to left, cross left over right

[9-16] Fwd, Pivot 1/4 Turn L, Cross Shuffle, Side, Recover, Cross Shuffle

1 2 Step right forward, pivot 1/4 turn L
3&4 Cross right over left, step left next to right, cross right over left
5 6 Step left to left side, recover on right
7&8 Cross left over right, step right next to left, cross left over right

[17-24] Same to 9-16

[25-32] Same to 9-16

Ending:

[1-8] Back, Recover, Fwd Shuffle, Fwd, Recover, Back, Hold

1 2 Step right back, recover on left
3&4 Step right forward, step left lock behind right, step right forward
5 6 Step left forward, recover on right
7 8 Step left back, hold

Have Fun!

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