

Cha Cha Train

拍數: 64 牆數: 4 級數: Improver
編舞者: Helaine Norman (USA) - May 2014
音樂: I Need to Know - Marc Anthony : (Album: Mark Anthony Greatest Hits)



Alt. music:-

Vaiven by Chayanne. CD: Available on iTunes

Rock R Side, Recover, Triple Step Across X 2

1-2 ; 3&4 Rock R side, recover L. Cross R over L triple step (RLR)

5-6 ; 7&8 Rock L side, recover R. Cross L over R triple step (LRL)

½ Turn Paddles, Step

1-2 3-4 5-6 Step R ball, recover L curving left X 3 (completing ½ turn to back wall)

7-8 Step R in place, hold on count 8

Rock L Side, Recover, Triple Step Across X 2

1-2 ; 3&4 Rock L side, recover R. Cross L over R triple step (LRL)

5-6 ; 7&8 Rock R side, recover L. Cross R over L triple step (RLR)

½ Turn Paddles, Step

1-2 3-4 5-6 Step L ball, recover R curving left X 3 (completing ½ turn to front wall)

7-8 Step L in place, hold

¼ Turn Rock Back, Recover Forward, Chassé X 3

1-2 ¼ turn right R rock back, recover L

3&4 Triple step forward (RLR)

5&6 Triple step forward (LRL)

7&8 Triple step forward (RLR)

½ Turn Rock Back, Recover Forward, Chassé X 3

1-2 ½ turn left L rock back, recover R

3&4 Triple step forward (LRL)

5&6 Triple step forward (RLR)

7&8 Triple step forward (LRL)

Weave

1-2-3-4 Step R across L, L side, R behind, L side

5-6-7-8 Step R across L, L side, R behind, L side

½ Turn, Triple Step Forward X2

1-2 Step R forward, ½ turn step L

3&4 Triple step forward (RLR)

5-6 Step L forward, ½ turn step R

7&8 Triple step forward (LRL)

Start dance again.

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