Grab Your Cha

級數: Beginner / Improver

編舞者: Patrick Fleming (USA) - June 2014

音樂: Cha Cha - Chelo

牆數: 4



Start with lyrics at 32 counts.

拍數: 32

R Step-Together-R Step-Together-Side-Touch-Side-Touch-Side-Together-Cross

- 1-2 Step right to right. Step left beside right. (12:00)
- 3-4 Step right to right. Step left beside right. (12:00)
- 5& Step right to right. Touch left beside right. (12:00)
- 6& Step left to left. Touch right beside left. (12:00)
- 7&8 Step right to right. Step left beside right. Step right across left. (12:00)

L Step-Together-L Step-Together-Side-Touch-Side-Touch-Side-Together-Cross

- 1-2 Step left to left. Step right beside left. (12:00)
- 3-4 Step left to left. Step right beside left. (12:00)
- 5& Step left to left. Touch right beside left. (12:00)
- 6& Step right to right. Touch left beside right. (12:00)
- 7&8 Step left to left. Step right beside left. Step left across right. (12:00)

R Shuffle Step-L Rock-L Shuffle-R Rock

- 1&2 Step right to right. Step left beside right. Step right to right. (12:00)
- 3-4 Rock forward onto left. Recover back onto right. (12:00)
- Step left to left. Step right beside right. Step left to left. (12:00) 5&6
- 7-8 Rock forward onto right. Recover back onto left. (12:00)

1/4 Shuffle Step-R Forward Mambo-L Back Mambo-R Side Mambo

- 1&2 Step right to right. Step left beside right. Step right to right ¼ turn. (3:00)
- 3&4 Rock forward on left. Recover back on right. Step left beside right. (3:00)
- 5&6 Rock back on right. Recover on left. Step right beside left. (3:00)
- 7&8 Rock to left side on left. Recover onto right. Step left beside right. (3:00)

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