

Rockin' Cha

32 count 1 wall line dance

Choreographed 9/02 by Jo Thompson & Rita Thompson

Suggested Music: "Island" by Eddie Raven (slow), "Shadows In The Night" by Scooter Lee or "My Maria" by Brooks and Dunn, "Groove With Me Tonight" (*Pablo Flores Spanglish Radio Mix*) by MDO, or any cha cha rhythm song, like Wave on Wave, etc.

Dance Script provide by Rose Haven (404) 379-1213 or rose@atlantalincedance.com

ROCK FORWARD, RECOVER, BACK CHA, ROCK BACK, RECOVER, FORWARD CHA, REPEAT

1-2 Rock forward with Left foot (1), Replace weight back to Right foot (2).

3&4 Step back with Left foot (3), Step together with Right foot (&), Step back with Left foot (4).

5-6 Rock back with Right foot (5), Replace weight forward to Left foot (6).

7&8 Step forward with Right foot (7), Step together with Left foot (&), Step forward with Right foot (8).

1-8 Repeat the above 8 counts.

DIAGONAL ROCKS WITH LEFT FOOT, HOLD, DIAGONAL ROCKS WITH RIGHT FOOT, HOLD

1-2 With body facing slightly Right, Rock Left foot forward across front of Right (1), Replace weight back to Right foot (2).

3-4 Rock Left foot back to Left side (3), Replace weight forward to Right foot (4).

5-6 Rock Left foot forward across front of Right (5), Replace weight back to Right foot (6).

7-8 Step Left foot to Left side (7), Hold (8).

Note: As an option, clap hands twice on &8 as you hold. The above 8 counts can be called a "rocking chair".

1-2 With body facing slightly Left, Rock Right foot forward across front of Left (1), Replace weight back to Left foot (2).

3-4 Rock Right foot back to Right side (3), Replace weight forward to Left foot (4).

5-6 Rock Right foot forward across front of Left (5), Replace weight back to Left foot (6).

7-8 Step Right foot to Right side (7), Hold (8).

Note: As an option, clap hands twice on &8 as you hold.

Start again from the beginning.