

MEDITATION CHA

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Count: 32

Wall: 4

Level: beginner/intermediate social cha

Choreographer: Paul & Karla Dornstedt

Music: Playa Silencio by Dave Sheriff

SIDE, ROCK, CROSS - AND - CROSS, ¼ TURN RIGHT, ¼ RIGHT TOUCH, CROSS - AND - CROSS

- 1-2** Step left side left, rock right behind left
- 3&4** Recover weight forward and across right on left, step right side right, cross left over right
- 5-6** Turn ¼ right and step forward on right, turn ¼ right on the ball of right and touch left side left (6:00)
- 7&8** Cross left over right, step right side right, cross left over right

SIDE, BRUSH, STEP - TOGETHER - STEP CROSS, BACK, ¼ RIGHT, CROSS

- 1-2** Step right to right forward diagonal, brush left to left forward diagonal
- 3&4** Step left to left forward diagonal, step right next to left, step left to left forward diagonal
- 5-6** Cross right over left, step back on left
- 7-8** Turn ¼ right and step right side right, cross left over right (9:00)

SWAY, SWAY, BEHIND-AND-CROSS, TURN ¼ LEFT SWAY FORWARD, SWAY BACK, SHUFFLE FORWARD

- 1-2** Sway right side right, sway left side left
- 3&4** Cross right behind left, step left side left, cross right over left
- 5-6** Turn ¼ left and sway forward on left, sway back on right (6:00)
- 7&8** Step forward on left, step right next to left, step forward on left

ROCK FORWARD, RECOVER, TURN ½ RIGHT SHUFFLE FORWARD, FORWARD, TURN ¼ RIGHT, ROCK FORWARD, RECOVER

- 1-2** Rock forward on right, recover weight back on left
- 3&4** Turn ½ right and shuffle forward, right, left right (12:00)
- 5-6** Step forward on left, turn ¼ right and step right side right (3:00)
- 7-8** Cross rock left over right, recover weight back on right

REPEAT

ENDING: (OPTIONAL)

The last rotation starts on the 6:00:00 wall, dance through step 29, then do a ½ turn right cha-cha

ROCK FORWARD, RECOVER, TURN ½ RIGHT SHUFFLE FORWARD, FORWARD, TURN ½ RIGHT, TOGETHER, FORWARD

- 1-2** Rock forward on right, recover weight back on left
- 3&4** Turn ½ right and shuffle forward, right, left right
- 5** Step forward on left,
- 6&7** Turn ½ right and cha, cha forward right, left, right (12:00)