

# My Ladies Dance

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner

**Choreographer:** Wanda Heldt - Perth W.A. July 2016

**Music:** Rescuenda by Piet Veerman

**Note: - No Tags or Restarts - Just dance**

**Oliva by Rick Trevino - will Fit most Cha Cha music.**

**For a 1 Wall very basic Dance - Don't make the 1/4 turns.**

**Split floor with Silk & Satin**

## **S1. ROCK FORWARD, RECOVER, CHA CHA, ROCK BACK, RECOVER, CHA CHA**

**1-2**              Rock Left forward, Recover on Right.

**3&4**              Cha Cha in place Left, Right, Left.

**5-6**              Rock back on Right, Recover on Left.

**7&8**              Cha Cha in place Right Left, Right.

## **S2. STEP LEFT, STEP or SLIDE TOGETHER 1/4 TURN LEFT, CHA CHA, STEP RIGHT, STEP or SLIDE TOGETHER, CHA CHA**

**1-2**              Step Left to Left side, Step/Slide Right next to Left. [Sway hips L.R wt.on R]

**3&4 1/4 turn Left slight cha cha forward Left, Right, Left. [9:00]**

**5-6**              Step Right to Right side, Step/Slide Left next to Right. [Sway hips R.L wt.on L]

**7&8**              Cha Cha in place to right side Right, Left, Right.

## **S3. ROCK FORWARD, RECOVER, STEP BACK, SWEEP the RIGHT, ROCK BACK RIGHT DIAGONAL, RECOVER, SHUFFLE**

**1-2**              Rock forward on Left, Recover on Right.

**3-4**              Step back on Left, Sweep Right 1/2 circle to back.

**5-6**              Rock back on Right body to Right Diagonal towards 12:00] Recover on Left.

**7&8**              Shuffle forward Right, Left, Right. [facing 9:00]

## **S4. ROCK FORWARD, RECOVER, CH ACHA, ROCK BACK, RECOVER, 1/4 TURN LEFT STEP, HITCH LEFT**

**1-2** Rock Left forward, Recover on Right.

**3&4** Cha Cha in Place Left, Right, Left.

**5-6** Rock back on Right, Recover on Left.

**7-8 1/4 turn Left as you Step forward on Right, Hitch Left. [6:00] .**

**Restart.....HAVE FUN IN LIFE & IN DANCE**

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