



MY LADIES DANCE

Choreographed by **Wanda Heldt - Perth W.A. July 2016**

Music: - **Rescuenda** by Piet Veerman - *No Tags or Restart - Just dance*
Island by Eddy Raven

Oliva by Rick Trevino - *will Fit most*

Cha Cha music.

Description: 32 Count - **2 Wall** - Beginner Line dance.

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

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Split floor with Silk & Satin

1. **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.

2. **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.

3. **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]

4. **ROCK FORWARD, RECOVER, CHA CHA, 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