Banca Cha Cha (Banca恰恰) (zh)

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Winnie Yu (CAN) - 2007年06月
Music: Banca Banca - E-Type

前奏： 32 count 32拍後起跳

第一段	**CROSS ROCK, RECOVER, LEFT CHASSE, CROSS ROCK, RECOVER, RIGHT CHASSE** **交叉下沉, 回復, 左追步, 交叉下沉, 回復, 右追步**
1-2	Cross/rock left over right, recover onto right 左足於右足前交叉下沉, 右足回復
3&4	Step left to side, step right together, step left to side 左足側踏, 右足併踏, 左足側踏
5-6	Cross/rock right over left, recover onto left 右足於左足前交叉下沉, 左足回復
7&8	Step right to side, step left together, step right to side 右足側踏, 右足併踏, 右足側踏
第二段	**TOES TOUCHES, SAILOR ¼ TURN LEFT, TOES TOUCHES, SAILOR ½ TURN RIGHT** **趾點, 左轉1/4水手步, 趾點, 右轉1/4水手步**
1-2	Touch left toe forward, touch left toe to side 左足趾前點, 左足趾側點
3&4	Turn ¼ left and step left back, step right together, step left forward (9:00) 左轉1/4左足後踏, 右足併踏, 左足前踏(9點鐘)
5-6	Touch right toe forward, touch right toe to side 右足趾前點, 右足趾側點
7&8	Turn ¼ right and step right back, step left together, turn ¼ right and step right forward (3:00) 右轉1/4右足後踏, 左足併踏, 右轉1/4右足前踏(3點鐘)
第三段	**HIP BUMPS TWICE, ROCK, RECOVER, ½ TURN, FORWARD SHUFFLE** **推臀2次, 下沉, 回復, 轉1/2, 前交換步**
1&2	Step left forward and bump hips forward, back, forward 左足前踏並推臀(前, 後, 前)
3&4	Step right forward and bump hips forward, back, forward 右足前踏並推臀(前, 後, 前)
5-6	Rock left forward, recover onto right 左足前下沉, 右足回復
7&8	Turn ½ left and step left forward, cross right behind left, step left forward (9:00) 左轉1/2左足前踏, 右足於左足後交叉踏, 左足前踏(9點鐘)
第四段	**½ TURN LEFT, ½ TURN LEFT, FORWARD, PIVOT ¼ TURN, ROCK, RECOVER, SIDE** **左轉1/2, 左轉1/2, 前, 轉1/4, 下沉, 回復, 側**
1&2	Shuffle back turning ½ left stepping right, left, right (3:00) 左轉1/2交換步(右, 左, 右)(3點鐘)
3&4	Shuffle forward turning ½ left stepping left, right, left (9:00) 左轉1/2交換步(左, 右, 左)(9點鐘)

Easy option: 簡易版
1&2 Shuffle forward right, left, right 交換步(右, 左, 右)
3&4 Shuffle forward left, right, left 交換步(左, 右, 左)

5-6 Step right forward, turn ¼ left (6:00) 右足前踏, 左轉1/4(6點鐘)

7&8 Rock right forward, recover onto left, step right to side
右足前下沉, 左足回復, 右足側踏