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E-mail: admin@linedancerweb.com

My Ladies Dance

32 Count, 2 Wall, Beginner

Choreographer: Wanda Heldt (AU) Jul 2016

Choreographed to: Rescuera by Piet Veerman

Note: No Tags or Restarts - Just dance

Alternative Music: 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

Section 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.

Section 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.

Section 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]

Section 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
