



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SHUFFLE, ROCK, SHUFFLE BACK, BACK ROCK

- 1&2 Step forward on R, step L behind R, step forward on R
3-4 Rock forward on L, recover weight onto R
5&6 Step back on L, step R in front of L, step back on L
7-8 Rock back on R, recover weight onto L

SEC 2 SHUFFLE, PIVOT ½, SHUFFLE, PIVOT ½

- 1&2 Step forward on R, step L behind R, step forward on R
3-4 Step forward on L, Pivot ½ turn R (6:00)
5&6 Step forward on L, Step R behind L, Step forward on L
7-8 Step forward on R, Pivot ½ turn L (12:00)

SEC 3 ¼ VINE, SIDE ROCK, CROSS SHUFFLE

- 1-2 Make a ¼ turn L step R to R side, Cross L behind R
3-4 Step R to R side, Cross L over R (9:00)
5-6 Side rock onto R, recover onto L
7&8 Cross R over L, Step L to L side, Cross R over L

SEC 4 VINE, SIDE ROCK, CROSS SHUFFLE

- 1-2 Step L to L side, Cross R behind L
3-4 Step L to L side, Cross R over L
5-6 Side rock onto L, recover onto R
7&8 Cross L over R, Step R to R side, Cross L over R

Restart Here on Wall 2

SEC 5 FIGURE OF 8

- 1-2-3 Step R to R side, Cross L behind R, Make a ¼ turn R stepping forward on R (12:00)
4-5 Step forward on L, Pivot ½ turn R (6:00)
6-7-8 Make a ¼ turn R stepping L to L side, Cross R behind L, Step L to L Side (9:00)

SEC 6 CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

- 1-2 Cross Rock onto R, Recover onto L
3&4 Step R to R side, Step L beside R, Step R to R side
5-6 Cross Rock onto L, Recover onto R
7&8 Step L to L side, Step R beside L, Step L to L Side

Semowah Cha
Continues... Page 1 of 2



Semowah Cha

Continued... Page 2 of 2

SEC 7 WALK X3, PIVOT ½, WALK X3, PIVOT ½

- 1-2 Walk forward R, Walk forward L
- 3-4 Walk forward R, Pivot ½ turn L (3:00)
- 5-6 Walk forward R, Walk forward L
- 7-8 Walk forward R, Pivot ½ turn L (9:00)

SEC 8 ROCKING CHAIR X2

- 1-2 Rock forward on right, recover onto left
- 3-4 Rock back on right, recover onto left
- 5-6 Rock forward on right, recover onto left
- 7-8 Rock back on right, recover onto left

Ending After 46 counts of Wall 6, change 7&8 to L Shuffle ½ turn L

