

Sarah's Cha

Choreographed by : Iliane Raiza van der Graaf
Type dance : Four Wall Line Dance
Level : intermediate
Counts : 32
BPM : 100 (*Cha Cha*)
Music : "Oh Sarah" by Mark Medlock
(CD: *Mr. Lonely*)



Intro: start immediately after the drums

**WALK X3, LOCK STEP FORWARD,
STEP FORWARD, SPIRAL FULL TURN
RIGHT, STEP FORWARD, CHASSE**

- 1 step forward on left
- 2 step forward on right
- 3 step forward on left
- 4 step forward on right
- & lock left behind right
- 5 step forward on right

- 6 step forward on left
- 7 spiral full turn right, step forward on right
- 8 step left to the left side
- & step right next to left
- 9 step left to the left side

**HIP SWAYS X2, CHASSE ¼ TURN
LEFT, ANCHOR STEP X2**

- 10 sway hips right
- 11 sway hips left
- 12 step right to the right side
- & step left next to right
- 13 make ¼ turn left, step back on right [face 9:00]

- 14 rock back on left
- & recover onto right
- 15 step back on left
- 16 rock back on right
- & recover onto left
- 17 step back on right

**SAILOR ¼ TURN LEFT, KICK BALL
STEP, STEP FORWARD, PIVOT ½
TURN LEFT WITH KICK, & CROSS
SHUFFLE**

- 18 make ¼ turn left, step left behind right
- & step right to the right side
- 19 step left to the left side [face 6:00]
- 20 kick right forward
- & step right next to left
- 21 step forward on left

- 22 step forward on right
- 23 make ½ turn left, kick left forward [face 12:00]
- & step left next to right
- 24 cross right over left
- & step left to the left side
- 25 cross right over left

**1¼ TURN LEFT, LOCK STEP
FORWARD, ¼ TURN LEFT – STEP
FORWARD X2, & STEP FORWARD &**

- 26 make ¼ turn left, step forward on left
- 27 make ½ turn left, step back on right
- 28 make ½ turn left, step forward on left
- & lock right behind left
- 29 step forward on left [face 9:00]

- 30 make ¼ turn left, step forward on right
- 31 make ¼ turn left, step forward on left
- & step right next to left
- 32 step forward on left
- & step right next to left [face 3:00]