Portland Cha

Count: 64 Wall: 2 Level: Low Advanced Cha Cha

Choreographer: Amy Glass (USA), Dustin Betts (USA), Jean-Pierre Madge (CH), José Miguel Belloque Vane (NL), Simon Ward (AUS) & Niels Poulsen (DK) - April 2022

Music: Mercy - Valntn : (iTunes etc.)

Intro: 32 counts from first strong beat in music. App. 17 secs. into track. Start with weight on L
Extra info: REMEMBER TO START FACING 10:30. Also… NO TAGS – NO RESTARTS!!!

[1 – 9] R back rock, recover flick, walk R, L step lock step, step turn 3/8 L, fwd R & lock touch
1 – 3 Rock back on R (1), recover on L flicking R back (2), walk fwd on R (3) …
Styling: when rocking back on R kick L fwd with a straight leg 10:30
4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 10:30
6 – 7 Step R fwd (6), turn 3/8 L stepping L fwd (7) 6:00
8&1 Step R fwd (8), step L fwd (&), touch R behind L (1) 6:00

[10 – 17] HOLD, unwind ½ R, HOLD, back R with L touch fwd, HOLD, back L, R coaster step
2 – 3 HOLD (2), unwind sharply ½ R keeping weight on L popping R knee forward (3) 12:00
4&5 HOLD (4), step back on R (&), touch L slightly fwd popping L knee fwd (5) 12:00
6 – 7 HOLD (6), step back on L (7) 12:00
8&1 Step back on R (8), step L next to R (&), step R fwd (1) 12:00

[18 – 25] Walk LR, L step lock step, rock R fwd, recover L with R sweep, R sailor ¼ R side
2 – 3 Walk L fwd (2), walk R fwd (3) 12:00
4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 12:00
6 – 7 Rock R fwd (6), recover back on L sweeping R out to R side (7) 12:00
8&1 Cross R behind L (8), turn ¼ R stepping L a small step to L side (&), step R to R side (1) 3:00

[26 – 32] HOLD, ball ¼ R, step ¼ R, L samba 1/8 L, press R fwd
2&3 HOLD (2), step L next to R (&), turn ¼ R stepping R fwd (3) 6:00
4 – 5 Step L fwd (4), turn ¼ R stepping R to R side (5) 9:00
6&7 Cross L over R (6), rock R to R side (&), turn 1/8 L when recovering to L (7) 7:30
8 Press R fwd bending slightly in R knee (8) 7:30

[33 – 40] Back LRL with sweeps, behind side cross ¼ R, HOLD, ball cross behind 1/8 R, HOLD
1 – 3 Step L back sweeping R out to R side (1), step R back sweeping L out to L side (2), step L back sweeping R out to R side (3) …
Styling: make your 3 steps back energetic and bouncy 7:30
4&5 Cross R behind L (4), turn 1/8 R stepping L to L side (&), turn 1/8 R crossing R over L (5) 10:30
6&7 – 8 HOLD (6), step L to L side (&), turn 1/8 R crossing R behind L (7), HOLD (8) 12:00

[41 - 48] Syncopated weave, Hold, heel bounces 4 times with 5/8 L
&1&2 Step L to L side (&), cross R over L (1), step L to L side (&), cross R behind L (2) 12:00
&3 – 4 Step L to L side (&), cross R over L (3), HOLD (4) 12:00
5 – 8 Turn 1/8 bouncing both heels into floor (5), do this 3 times more but the last time you turn ¼ L (6-7-8) 4:30

[49 – 56] Fwd R, turn ¼ L, fwd R, turn ¼ L, fwd R, turn ¼ L, fwd R, turn ¼ L
1 – 2 Step R fwd (1), turn ¼ L onto L (2) …
Styling: each time you step fwd on R you push your hips L and back (1), when turning ¼ L you roll hips to the R and fwd (2) 1:30
3 – 4 Step R fwd (3), turn ¼ L onto L (4) …

Styling: repeat styling from counts 1-2 10:30
5 – 6 Step R fwd (5), turn ¼ L onto L (6) …
Styling: repeat styling from counts 1-2 7:30
7 – 8 Step R fwd (7), turn ¼ L onto L (8) …
Styling: repeat styling from counts 1-2 4:30

[57 – 64] R jazz box 1/8 R, cross, 1/8 L jump both feet together, HOLD, heel bounces X 2
1 – 4 Cross R over L (1), step back on L turning 1/8 R (2), step R to R side (3), cross L over R (4) 6:00
&5 – 6 Jump R to R side (&), step L next to R turning 1/8 L (5), HOLD (6) 4:30
&7&8 Lift heels off the floor (&), step heels down (7), lift heels off the floor (&), step heels down (8) 4:30

START AGAIN

Ending Finish wall 5 (now facing 4:30). Ending: Rock back on R popping L knee fwd (1), recover on L popping R knee fwd (2), step R fwd (3), turn 3/8 L stepping L fwd (&), step R fwd (4) …12:00