

Portland Cha

Choreographed by: Amy Glass, Dustin Betts, JP Madge,
Jose Belloque Vane, Simon Ward and Niels Poulsen

April 2022



Type of dance: 64 counts, 2 walls, low advanced cha cha
 Music: **Mercy** by Valtnr. 124 bpm. Track length: 2.53. Buy on 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!!! 😊😊😊

Counts	Footwork	End facing
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) ... <i>Styling: when rocking back on R kick L fwd with a straight leg</i>	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) ... <i>Styling: make your 3 steps back energetic and bouncy</i>	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) ... <i>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)</i>	1:30
3 – 4	Step R fwd (3), turn ¼ L onto L (4) ... <i>Styling: repeat styling from counts 1-2</i>	10:30
5 – 6	Step R fwd (5), turn ¼ L onto L (6) ... <i>Styling: repeat styling from counts 1-2</i>	7:30
7 – 8	Step R fwd (7), turn ¼ L onto L (8) ... <i>Styling: repeat styling from counts 1-2</i>	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). <i>Ending:</i> 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