



# Step-In-Time Line Dancing

## HEREFORDSHIRE

Dance: **M.G. Cha Cha**  
 Type: 64 Count, 2 Wall, Beginner  
 Choreographer: Ed Lawton  
 Choreographed to: My Girl by The Temptations (106 bpm, 2:51 min); My Girl by Alabama

Intro: Start after count 8, on the word "Sunshine"

<b>Section 1</b>	<b>Forward Rock, Back Shuffle, Back Rock, 1/4 Chasse Right</b>	
1,2	Rock forward on left. Recover on right	Forward rock
3&4	Step left back. Step right beside left. Step left back	Back shuffle
5,6	Rock back on right. Recover on left	Back rock
7&8	Turn 1/4 left stepping right to right side (9:00). Step left beside right. Step right to right side	Turn chasse
<b>Section 2</b>	<b>Cross Rock, Chasse 1/4 Left, Step Pivot 1/2, Right Shuffle</b>	
1,2	Cross rock left over right. Recover on right	Cross rock
3&4	Step left to left side. Step right beside left. Step left 1/4 turn left (6:00)	Left chasse turn
5,6	Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot
	<i>Non-turning steps 3-6: Chasse Left, Back Rock 1/4 Turn</i>	
3&4	<i>Step left to left side. Step right beside left. Step left to left side</i>	<i>Left chasse</i>
5,6	<i>Rock back on right. Turn 1/4 right recovering on left (12:00)</i>	<i>Rock turn</i>
7&8	Step right forward. Step left beside right. Step right forward	Right shuffle
<b>Section 3</b>	<b>Sweep, 1/4 Turn, Back Lock Step, Back Rock, Left Shuffle</b>	
1,2	Sweep left forward. Turn 1/4 right stepping left small step forward (3:00)	Sweep, turn
3&4	Step right back. Lock left over right. Step right back	Back, lock, back
5,6	Rock back on left. Recover on right	Back rock
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
<b>Section 4</b>	<b>Sweep, 1/2 Turn, Back Lock Step, Back Rock, Right Shuffle</b>	
1,2	Sweep right forward. Turn 1/2 left stepping right small step forward (9:00)	Sweep, turn
3&4	Step left back. Lock right over left. Step left back	Back, lock, back
5,6	Rock back on right. Recover on left	Back rock
7&8	Step right forward. Step left beside right. Step right forward	Right shuffle
<b>Section 5</b>	<b>Point, Hold, Cross Shuffle, Side Rock, Cross Shuffle</b>	
1,2	Point left to left side. Hold	Point, hold
3&4	Cross left over right. Step right to right side. Cross left over right	Cross shuffle
5,6	Rock to side on right. Recover on left	Side rock
7&8	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
<b>Section 6</b>	<b>Point, Hold, Cross Shuffle, Side Rock, Cross Shuffle</b>	
1,2	Point left to left side. Hold	Point, hold
3&4	Cross left over right. Step right to right side. Cross left over right	Cross shuffle
5,6	Rock to side on right. Recover on left	Side rock
7&8	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
<b>Section 7</b>	<b>Side Rock 1/4 Turn x 3, Side Rock</b>	
1,2	Rock to side on left. Turn 1/4 right recovering on right (12:00)	Rock, turn
3,4	Rock to side on left. Turn 1/4 right recovering on right (3:00)	Rock, turn
5,6	Rock to side on left. Turn 1/4 right recovering on right (6:00)	Rock, turn
	<i>Non-turning steps 1-6: Side Rock, Side Rock 1/8 Turn x 2</i>	
1,2	<i>Rock to side on left. Recover on right</i>	<i>Side rock</i>
3,4	<i>Rock to side on left. Turn 1/8 left recovering on right (7:30)</i>	<i>Rock, turn</i>
5,6	<i>Rock to side on left. Turn 1/8 left recovering on right (6:00)</i>	<i>Rock, turn</i>
7,8	Rock to side on left. Recover on right	Side rock
<b>Section 8</b>	<b>Cross Point x 2, Step Pivot 1/2 x 2</b>	
1-4	Cross left over right. Point right to right side. Cross right over left. Point left to left side	Cross, point, cross, point
5-8	Step left forward. Pivot 1/2 turn right (12:00). Step left forward. Pivot 1/2 turn right (6:00)	Step, pivot, step, pivot
	<i>Non-turning steps 5-8: Rocking Chair</i>	
5-8	<i>Rock forward on left. Recover on right. Rock back on left. Recover on right</i>	<i>Rocking chair</i>