

CHA CHA

GENERAL:

The music is written in 4/4 time. Normally 5 steps to a measure using a count of SSQQS (SLOW, SLOW, QUICK/QUICK, SLOW;) [1, 2, 3&, 4;]. Figures are usually danced in Butterfly or Loose Closed Position.

TECHNIQUE:

Like most Latin rhythms, Cha Cha is danced "ball-flat" (no heel leads) with toes slightly turned out in a "V" or "Latin Cross" action.

CHA CHA INTRODUCTORY BASICS

Alemana	Basic	Hand to Hand	Spot Turn
Back Basic	Chase	Lariat	Time Step
Break to Open	Cucaracha	New Yorker	Walk
	Fence Lin	Open Break	Whip
	Forward Basic	Shoulder to Shoulder	

ALEMANA;;;

M: Fwd L, Rec R, Sd L/CI R, Sd L leading W under lead hands; Bk R, Rec L, Sd R/CI L, Sd R;

W: Bk R, Rec L, Sd R/CI L, Sd R starting to turn RF under lead hands; Fwd Turn L, Fwd Turn R to fc ptr, Sd L/CI R, Sd L;

BACK BASIC;

M: Bk R, Rec L, Fwd R/CI L, Fwd R; W: Fwd L, Rec R, Bk L/CI R, Bk L;

BREAK TO OPEN;

M: XLIB, Rec R (OP/LOD), Fwd L/CI R, Fwd L; W: XRIB, Rec L (OP/LOD), Fwd R/CI L, Fwd R;

BASIC;;;

M: Fwd L, Rec R, Sd L/CI R, Sd L; Bk R, Rec L, Sd R/CI L, Sd R;

W: Bk R, Rec L, Sd R/CI L, Sd R; Fwd L, Rec R, Sd L/CI R, Sd L;

CHASE;;;

M: Fwd L turning 1/4 RF, Rec R turning 1/4 RF, Fwd L/CI R, Fwd L; Fwd R turning 1/4 LF, Rec L turning 1/4 LF, Fwd R/CI L, Fwd R; Forward Basic; Back Basic;

W: Forward Basic; Fwd L turning 1/4 RF, Rec R turning 1/4 RF, Fwd L/CI R, Fwd L; Fwd R turning 1/4 LF, Rec L turning 1/4 LF, Fwd R/CI L, Fwd R; Back Basic;

CUCARACHA;

M: Rk Sd L, Rec R, (in place) L/R, L; W: Rk Sd R, Rec L, (in place) R/L, R; (Can start with either foot)

FENCE LINE;

M: Cross Lunge (XLIF), Rec R, Sd L/CI R, Sd L; W: Cross Lunge (XRIF), Rec L, Sd R/CI L, Sd R; (Can start with either foot)

FORWARD BASIC;

M: Fwd L, Rec R, Bk L/CI R, Bk L; W: Bk R, Rec L, Fwd R/CI L, Fwd R;

HAND TO HAND;

M: XLIB trning LF to OP, Rec R to Fc Ptr, Sd L/CI R, Sd L;

W: XRIB trning RF to OP, Rec L to Fc Ptr, Sd R/CI L, Sd R; (Can start with either foot)

LARIAT;;;

M: Cucaracha (L & R);; (Retain Lead Hands) W: Walk clockwise around M: R,L,R/L,R; L,R,L/R,L;

NEW YORKER;

M: XLIF trning RF to LOP, Rec R to fc ptr, Sd L/CI R, Sd L;

W: XRIF trning LF to LOP, Rec L to fc ptr, Sd R/CI L, Sd R;(Can start with either foot)

OPEN BREAK;

M: Rk Apt L (R arm up), Rec R, Sd L/CI R, Sd L; W: Rk Apt R (L arm up), Rec L, Sd R/CI L, Sd R;

SHOULDER TO SHOULDER;;;

M: Fwd L to BFLY/SCAR, Rec R, Sd L/CI R, Sd L; Fwd R to BFLY/BJO, Rec L, Sd R/CI L, Sd R;

W: Back R to BFLY/SCAR, Rec L, Sd R/CI L, Sd R; Back L to BFLY/BJO, Rec R, Sd L/CI R, Sd L;

SPOT TURN;

M: XLIF turning 1/2 RF, Rec R turning 1/2 RF to fc ptr, Sd L/CI R, Sd L;

W: XRIF turning 1/2 LF, Rec L turning 1/2 LF to fc ptr, Sd R/CI L, Sd R; (Can start with either foot)

TIME STEP;

M: (no hands joined) XLIB, Rec R, Sd L/CI R, Sd L; W: (no hands joined) XRIB, Rec L, Sd R/CI L, Sd R; (Can start with either foot)

WALK;

M: Fwd L, Fwd R, Fwd L/CI R, Fwd L; W: Fwd R, Fwd L, Fwd R/CI L, Fwd R; (Can start with either foot)

WHIP;

M: Bk R (turn ¼ LF), Rec L (turn ¼ LF to fc ptr), Sd R/CI L, Sd R; W: Fwd L, Fwd R (turn ½ LF), Sd L/CI R, Sd L;

ABBREVIATIONS

Fwd: Forward	LOD: Line Of Dance	W: Woman	SCAR: Sidecar Position	; indicates end of measure
Bk: Back	RLOD: Rev. Line Of Dance	L(R): Left (Right)	XLIB: Cross Left in Back	, divides a measure into
Sd: Side	BFLY: Butterfly Position	LF: Left Face	XRIF: Cross Right in Front	counts
Cl: Close	OP: Open Position	RF: Right Face	Fc Ptr: Face Partner	- indicates a hold count
Tch: Touch	LOP: Left Open Position	Rk: Rock	Rec: Recover	
M: Man	BJO: Banjo Position			