

INTRO TO CHA CHA

Danced at 108 (slow) to 120 (best) to 138 (fast) beats per minute

BASIC – Gent rocks forward on his LF then steps RF back in place on 1-2. He does a smooth back-together-back moving back LRL on 3&4. Lady starts with rock-step back on her RF (as in Swing) then steps her LF forward in place on 1-2. She does a smooth step-together-step traveling forward RLR. Both reverse directions and feet on 5 6 7&8.

CROSS-OVER – Gent steps L across over R, then steps RF back in place on counts 1-2; he does a side-together-side chasing sideways to the Left on 3&4. Release her R hand in advance to allow her to open up to facilitate the crossover, then retake that hand for a two-hand hold during cha cha sideways. Lady does same, starting with RF crossing over L and chasing Right. Reverse all.

TURNING EXIT – after an odd number of Cross-over steps, gent leads lady into a Cross-step on their second feet and then casts hands away to spin her to her right while he spins left. Full spot turn, spinning away from partners on 6 7&8.

LADY'S ARCH TURN – After one half phrase of a basic (counts 1-4), he raises his L/her R hand and steps RF crossing behind on count 5, leading her to step LF crossing front and continue turning to the Right on 5-8. Also, when coming out of Cross-Over, leading her to turn R on 5-8, he crosses RF behind on count 5.

CHASE – Gent initiates a chase by stepping forward L and pivoting $\frac{1}{2}$ around to his Right before stepping RF in place on count 2. He then moves forward LRL on 3&4 with his back to his partner. He reverses all, stepping R and pivoting $\frac{1}{2}$ around to his Left before stepping LF in place to chase her back home RLR. Lady begins with normal Basic step, but joins in by pivoting $\frac{1}{2}$ on her L foot after the man has initiated the pivots.
NOTE: Can also be done with full turns on counts 1-2.

FLIP FLOPS – From Closed position, push hands away gently before count 1, both cross behind on count 1, opening up to release hands but maintain hands on waist/shoulder. Face partner on 3&4, take inside hands - his L/her R - and release other hands to cross behind on count 5. Continue taking inside hands until finished, then re-take waist/shoulder to signal return to basic position.

STYLE NOTES: The basic cha cha (QQS) can be done traveling smoothly with a step-together-step, or done almost in place with little traveling. It is danced smoothly with no bouncing, and the mood is playful and flirtatious. The slow tempo allows for graceful arms, and easy transitions from step to step.

There is another version of the Cha Cha that uses a different rhythm: S S S QQ; both are used in ballrooms today.