

Cha Cha – February 2008

Man's steps described. Lady's normal opposite. Commence in facing position, open or closed hold

Bar	Description	Comments	Count
1	Fwd basic	Preparing for alemana, raise joined hands	2,3,4&1
2	Alemana	End in open hold, slightly apart	2,3,4&1
3	Zig-zag	Moving to man's R. step through, side, behind, side	2,3,4,1
4	Syncopated basics in place	Close LF to RF, RF in place, side LF. Close RF to LF, LF in place, side RF	2&3,4&1
5	Spot turn to R	Man rocks LF, RF instead of chasse	2,3,4,1 (2,3,4&1)
6	Shoulder checks	Both LF fwd and across (checking action), replace, chasse (Option on hand/arm action)	2,3,4&1
7	Shoulder checks	Both RF fwd and across (checking action), replace, chasse. End in double hold at waist height	2,3,4&1
8	Ladies syncopated zig-zag	Man transfers weight to LF and twists body to L as lady moves around, then turns to follow her and steps RF fwd on 1. Lady zig-zags to her R moving around man, LF fwd, RF side, LF behind, RF side, LF fwd, RF side, LF back	²³⁴ , 1 (2&3&4&1)
9	Fwd basic	Preparing for alemana, raise joined hands	2,3,4&1
10	Continuous turns	Man cucaracha R, spot turn L under raised arms. Lady alemana and cucaracha L	2,3,4,1
11		Man cucaracha R, RF Cuban break. Lady alemana, LF Cuban break.	2,3,4&1

These notes are merely an aide-memoire for those attending the workshop, not a complete description of the figures taught.