

A Simple Cha Cha

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ilona Tessmer-Willis (USA) - January 2016
音乐: Baby, I Love You - The Ronettes : (Google Play / iTunes / AmazonMP3)



Note: this dance is written as a social Cha Cha, 1 2 3&4 5 6 7&8 which is popular in line dance and easier for beginner dancers;

Have had fun trying out different Cha Cha tunes to this dance, for example: "Do You Want To Know A Secret" by Beatles or "Smooth" by Santana

Country song suggestions:

"Beat Of The Music", by Brett Eldredge

"One More Drinkin' Song" by Jerrod Niemann

"Lonely Eyes", by Chris Young

"Follow Me", by Uncle Cracker

Intro: 32 counts

S1: R FORWARD ROCK, BACK CHA CHA, L BACK ROCK, FORWARD CHA CHA

1-2 R Rock Forward, Recover Weight on L
3&4 Back R L R Cha Cha (3 steps done to 2 beats of the music using small steps)
5-6 L Back Rock, Recover Weight on R
7&8 L R L Cha Cha (3 steps done to 2 beats of the music using small steps)

S2: R PIVOT ½ TURN LEFT, FORWARD CHA CHA 3X (OPTION: R FULL TURN –SEE BELOW)

1-2 R Step Forward ½ Turn Left on Ball of Foot (weight on left)
3&4 Forward Cha Cha R L R
5&6 Forward Cha Cha L R L
7&8 Forward Cha Cha R L R

S3: L PIVOT ½ TURN RIGHT, FORWARD CHA CHA 3X

1-2 L Step Forward ½ Turn Right on Ball of Foot (weight on right)
3&4 Forward Cha Cha L R L
5&6 Forward Cha Cha R L R
7&8 Forward Cha Cha L R L

S4: R CROSS ROCK, TURN ¼ RIGHT SHUFFLE R SIDE, L CROSS ROCK, L SIDE SHUFFLE

1-2 Rock R Across in Front of L, Recover Weight on L
3&4 ¼ Turn Right Step R to Right, Step L Together, Step R to Right (weight on right)
5-6 Rock L Across in Front of R, Recover Weight on R
7&8 Step L to Left, Step R Together, Step L to Left (weight on left)

S2 Option: Turn Full Right (Improvers can try this easy turn using R L R Cha Cha)

Turn Right 3&4 R L R Cha Cha, Continue to complete R Turn 5&6 L R L Cha Cha, 7&8 R L R Cha Cha

Beginners tend to take large steps & aren't always sure which foot has the weight; it helps to remind them to take "smaller steps" and "remember weight is on the—". It leads to less frustration as they learn it takes a bit of practice & patience, (which is why I choose this slower tune).

Fun fact: Cha Cha rhythm developed from the Danzon (Cuba) which syncopated the 4th beat to match the steps with the beat of the music.

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