

CHA – CHA

The Cha-Cha is a popular Latin dance. It is a blend of other dances. It has the rhythm similar to the mambo, a styling similar to the rhumba and the footwork similar to the triple swing.

Basic Cha-Cha

Rhythm: slow, slow, quick/quick/quick
Count: 1, 2, 3 and 4
Footwork: Leader – L rock step forward, rock back on the R, triple step in place
(L,R,L)
R rock step back, forward rock on the L, triple step in place
(R,L,R)
Follower – R rock step back, forward rock on the L, triple step in place
(R,L,R)
L rock step forward, rock back on the R, triple step in place
(L,R,L)

Cha-Cha Partner Positions

Shine position – partners facing each other
2 hands joined
1 hand joined
Semi-open position
Closed position

Cha-Cha Moves

Side Break – two hands joined
Partner's release (leader's R, follower's L) and step to the side (shoulder to shoulder) on 1, 2, re-grasp hands and face each other for cha-cha-cha (3 and 4).
Repeat to the opposite side.
Side Break Turn - from the side break move, the leader signals the follower to turn by gently pushing away the follower's hand and partner's face for cha-cha-cha.
Double Turn from the Side Break – same as above but both partners' turn around.
Underarm Turn – the follower does a turn under the leader's arch.
Chase – Leader steps forward L and pivots (half turn), cha-cha-cha step while the follower does the basic step backwards. The leader steps forward R and pivots (half turn back to basic) and the follower steps forward L and pivots, cha-cha-cha. The leader does the basic step backwards while the follower steps R forward and pivots back to the basic.

Cha-Cha Combination

2 basic steps - 2 side breaks - A side break turn - 2 basic steps - 2 chase steps