

The cha cha is believed to have come from Cuba and is said to be a combination of the mambo and the swing. It is enjoyed by all ages, danced in a light bouncy rhythm, it received its greatest popularity in the 1950's.

### Cha Cha Rhythm

- i. The cha cha is in 4/4 time with a strong accent on the first beat and a lesser accent on the third beat.

4/4						Uneven Rhythm
	S	S	O	Q	S	
	1	2	3	and	4	
	cha cha cha					

The first two counts represent the slow steps and counts 3 and 4 represent the cha cha cha

The basic step consists of two parts -- the backward and forward or the side to side movement; each part is a combination of five steps danced to four musical beats.

### Cha Cha Style

The cha cha may be danced in either closed or open position facing partner with one or both hands joined. When dancing apart, the arms should be slightly away from the body and the palms parallel to the floor. This is accompanied by a gentle swaying or dipping of the shoulders with the "slow" steps. It has slight bouncy quality and the foot should be placed nearly flat on the floor and the knees are easy and lead forward with the hands and arms.

### Pace or Variation

#### Cha Cha Basic:

Man:	Sde	Bwd	Pl	Cha	Cha	Cha	--- Moving Forward
	L	R	L	R	L	R	
	S	S	S	Q	O	S	
Lady:	Sde	Bwd	Pl	Cha	Cha	Cha	---- Moving Backward
	R	L	R	L	R	L	
	S	S	S	Q	O	S	

#### Basic Continuing from Lead in Step:

Man:	Fwd	Pl	Cha	Cha	Cha	--- Moving Backward
	L	R	L	R	L	
	S	S	Q	O	S	
Lady:	Bwd	Pl	Cha	Cha	Cha	--- Moving Forward
	R	L	R	L	R	
	S	S	Q	O	S	

*continued...*

Cue: Fwd Rock Cha Cha Cha  
 Bwd Rock Cha Cha Cha

Underarm Turn: Man leads lady to left side as he is moving backwards on the Cha Cha Cha, then leads lady under his left arm on his back rock. She completes a circle to her right on the Cha Cha Cha coming back to closed position.

Man: Bwd Rock Leading lady under his left arm: Cha Cha Cha  
 R L R L R

Leading lady around in circle back to closed position.

Lady: Fwd Fwd Cha Cha Cha Making a circle as she goes under man's  
 L R L R L left arm.

Continue with Basic

Man: Fwd Rock Cha Cha Cha  
 Etc.

Cross Over:

Man: Fwd Rock Cha Cha Cha  
 Bwd Rock Lead to Reverse Conversation Position on Cha Cha Cha

Cross L in front of R R in Pl Cha Cha Cha to side turning to left  
 S S O Q S

Cross R in front of L L in Pl Cha Cha Cha to side turning to right  
 S S O O S

Cross L in front of R R in Pl Cha Cha Cha to side turning left  
 S S Q O S

Cross R over L and turn (pivot) left. Continue to make a complete turn left to  
 S S  
 end back in closed position on the Cha Cha Cha.

Chase Step:

(Pivot)  
 Fwd L, Turn R, Fwd L, R, L  
 S S Q Q S

(Pivot)  
 Fwd R, Turn L, Fwd R, L R  
 S S Q Q S

The chase is taken from facing position, two hands joined. It is a turning figure in which the man is always one basic step ahead of the lady. He will start the turn while she takes a back basic. On her next forward basic she starts the turn. The lead is given by letting go of hands to start the turn and taking of the hands to finish it.

Box Step:

Fwd L, Swd R, Bwd L, Close R, Bwd L  
 S S Q Q S  
 Bwd R, Swd L, Fwd R, Close L, Fwd R  
 S S Q Q S

This is often done in closed position, man first leading forward and the lady backward.

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