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| An Easy Cha |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner Cha Cha | . |
| **Choreographer:** | Lisa McCammon (USA) - February 2018 | | | | |
| **Music:** | One Night At a Time - George Strait | | | | |
| . | | | | | | |

**Any social cha in the 110-125 bpm range (suggestions below)**

**This dance was written for beginners to learn some basic social cha-cha-cha triple patterns, and can be used as a beginner floor split for harder cha-cha dances (dance through any phrasing anomalies).**

**Counterclockwise rotation; start weight on L**

**SIDE ROCK, RECOVER, STEP-STEP-STEP; SIDE ROCK, RECOVER, STEP-STEP-STEP**

|  |  |
| --- | --- |
| 1-2 | Rock R to side, recover L |

|  |  |
| --- | --- |
| 3&4 | Step in place RLR |

|  |  |
| --- | --- |
| 5-6 | Rock L to side, recover R |

|  |  |
| --- | --- |
| 7&8 | Step in place LRL |

**REPEAT PREVIOUS 8**

**FORWARD ROCK, RECOVER, BACK-CLOSE-BACK; BACK ROCK, RECOVER, STEP-CLOSE-STEP**

|  |  |
| --- | --- |
| 1-2 | Rock forward R, recover L |

|  |  |
| --- | --- |
| 3&4 | Step back R, step L next to R, step back R |

|  |  |
| --- | --- |
| 5-6 | Rock back L, recover R |

|  |  |
| --- | --- |
| 7&8 | Step forward L, step R next to L, forward L |

**STEP, TURN, CROSS-&-CROSS; SIDE ROCK, RECOVER, CROSS-&-CROSS**

|  |  |
| --- | --- |
| 1-2 | Step forward R, turn left ¼ [9] (over-rotate slightly to left diagonal) |

|  |  |
| --- | --- |
| 3&4 | Cross R, step L to side, cross R |

|  |  |
| --- | --- |
| 5-6 | Rock L to side, recover R (open slightly to right diagonal) |

|  |  |
| --- | --- |
| 7&8 | Cross L, step R to side, cross L |

**Music suggestions:**

**One Night At A Time, George Strait**

**Broken Stones, Paul Weller**

**Tell The World, Eric Hutchinson**

**Got To Give It Up, Marvin Gaye**

**Marvin Gaye, Charlie Puth ft. Meghan Trainor**

**Bajo La Luna, Sparx**

**Rebel de Amor, Belle Perez.**

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