

An Easy Cha

Compte: 32

Mur: 4

Niveau: Beginner Cha Cha



Chorégraphe: Lisa McCammon (USA) - February 2018

Musique: 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 $\frac{1}{4}$ [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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