Cha Cha Mixer (P)



编舞者: Kaylaa Fox

音乐: I'm Not Strong Enough to Say No - BlackHawk



Position: Closed. Man is on the inside circle facing OLOD. Lady is on the outside circle facing ILOD. Men progress to their left to new partner.

Closed position

1-2 MAN: Step forward and rock onto left foot, step back onto right foot in place

LADY: Step back and rock onto right foot, step forward onto left foot in place

3&4 MAN: Cha-cha in place (left-right-left)

LADY: Cha-cha in place (right-left-right)

5-6 MAN: Step back and rock onto right foot, step forward onto left foot in place

LADY: Step forward and rock onto left foot, step back onto right foot in place

7&8 MAN: Cha-cha in place (right-left-right)

LADY: Cha-cha in place (left-right-left)

Release man's right and lady's left hand to open single hand hold position

CROSSOVER BREAK, PIVOT TURN

9-10 MAN: Cross left foot over right and step, step back onto right foot in place

LADY: Cross right foot over left and step, step back onto left foot in place

11&12 MAN: Cha-cha in place (left-right-left)

LADY: Cha-cha in place (right-left-right)

Release all hands

13-14 MAN: Cross right foot over left making a ¼ turn to the left with the step, unwind ½ turn to the

eft

LADY: Cross left foot over right making a ¼ turn to the right with the step, unwind ½ turn to

the right

15&16 MAN: Cha-cha in place (right-left-right) making a ¼ left turn on these steps

LADY: Cha-cha in place (left-right-left) making a 1/4 right turn on these steps

Man and lady return to face each other. Man faces OLOD and lady faces ILOD. Do not rejoin hands.

PROGRESSIVE ROCK STEPS, CHA-CHA

17-18 MAN: Step forward and rock onto left foot, step back onto right foot in place

LADY: Step back and rock onto right foot, step forward onto left foot in place

19&20 **MAN:** Cha-cha backward (left-right-left)

LADY: Cha-cha forward (right-left-right)

21-22 MAN: Step back and rock onto right foot, step forward onto left in place

LADY: Step forward and rock onto left foot, step back onto right foot in place

23&24 MAN: Cha-cha forward (right-left-right)

LADY: Cha-cha backward (left-right-left)

CHASE, TURN, CHA-CHA

25-26 MAN: Step forward on left foot and pivot ½ turn to the right on ball of foot, step forward on

right foot

LADY: Step back and rock onto right foot, step forward onto left foot in place

27&28 MAN: Cha-cha forward (left-right-left)

LADY: Cha-cha forward (right-left-right)

29-30 MAN: Step forward on right foot and pivot ½ turn to the left on ball of foot, step forward on left

foot

LADY: Step forward on left foot and pivot ½ turn to the right on ball of foot, step forward on

right foot

31&32 MAN: Cha-cha forward (right-left-right)

LADY: Cha-cha forward (left-right-left)

MAN PROGRESSES TO NEW PARTNER

33-34 MAN: Step to the left on left foot making a ¼ turn to the left with the step towards LOD, step

forward on right

LADY: Step forward on right foot and pivot ½ turn on ball of right foot, step forward on left

foot

35&36 **MAN:** Cha-cha forward (left-right-left)

LADY: Cha-cha forward (right-left-right)

37-38 MAN: Step to the right on right foot making a ¼ turn to the right with the step, step forward on

left foot

LADY: Step left foot in place, step right foot in place

39&40 MAN: Cha-cha in place (right-left-right) and go to a closed position with the next lady

LADY: Cha-cha in place (left-right-left) and go to a closed position with the next man

On counts 39&40, lady may execute a full to the left turn in place.

REPEAT