

Cha Cha Slide

拍数: 0 墙数: 4 级数: Beginner
编舞者: Mr. C (USA)
音乐: Cha-Cha Slide Part II (Radio Edit) - Casper



There is no official sheet for this dance. Similar to "Superman" by Black Lace or "The Time Warp", you simply do what the song tells you to do. Below is a guide to the basic routine but be warned you have to listen because it changes

PART A

"TO THE LEFT NOW": GRAPEVINE LEFT WITH TOUCH

1-2 Step left to side, cross right behind left
3-4 Step left to side, touch right together

"TAKE IT BACK NOW": STROLL BACK WITH TOUCH

1-2 Step right back, step left back
3-4 Step right back, touch left together
Option: try mashed potato steps back, or a rolling turn back

"ONE HOP THIS TIME": HOP FORWARD

1 Hop right forward and hitch left knee
Option: if you don't like to hop you can scoot forward on both feet
The amount of hops Casper will ask you to do will vary

"RIGHT FOOT LET'S STOMP": RIGHT STOMP FORWARD

1 Stomp right forward
Option: you can spread your arms to add attitude with each stomp

"LEFT FOOT LET'S STOMP": LEFT STOMP FORWARD

1 Stomp left forward
Option: you can spread your arms to add attitude with each stomp
The amount of stomps Casper will ask you to do will vary

"NOW CHA-CHA": JAZZ BOX (WITH ATTITUDE)

1-2 Cross right over left, step left back
3-4 Step right to side, step left forward
Option: you can do mambo rocks, or anything else you feel fits
Casper will ask you twice or more so keep listening

"TURN IT OUT" OR "LET'S GO TO WORK": TURN ¼ LEFT INTO GRAPEVINE RIGHT WITH TOUCH

1 Turn ¼ left and step right to side
2-4 Cross left behind right, step right to side, touch left together

"CLAP": HAND CLAPS

1-16 Hold
Clap your hands in time with the music
Option: some people like walk around while doing their claps

"CRISS CROSS": JUMP APART, JUMP & CROSS

1-2 Jump feet apart, jump feet together crossing right over left

"SLIDE TO THE LEFT": LEFT SLIDE

1-2 Step left to side, slide/touch right together

In part of the track Casper will ask you to "reverse" the slide steps

"SLIDE TO THE RIGHT": RIGHT SLIDE

1-2 Step right to side, slide/touch left together

In part of the track Casper will ask you to "reverse" the slide steps

"HOW LOW CAN YOU GO": LIMBO / TWIST DOWN

1-16 Limbo / twist down

Make sure you can get up again

"BRING IT TO THE TOP": STAND UP WAVING ARMS

1-16 Rise arms up waving to the beat

"HANDS ON YOUR KNEES": KNEE KNOCKS

1-8 Knock knees together, criss crossing hands on knees

"CHARLIE BROWN": CHARLIE BROWN

There is some confusion over what is required at this part of the track some people rock forward and back.

Some people do nothing

Max Perry told us that, socially it has been a term used by African Americans describing a white person's lack of rhythm when they dance. The actual dance step is a jump or "Jazz Jump" (2 footed jump). In the Cha-cha Slide, the jumps can be forward and back, or from left to right while nodding your head, or turning your head from side to side

"FREEZE": STRIKE A POSE

1 Strike a pose and freeze
