

Free Style Ballroom Amalgamations

1. BREAK BACK TO OPEN; WALK;
CIRCLE AWAY & TOG;; LARIAT;;
CUCARACHA (2X);;
2. BASIC;; NEW YORKER (2X);;
3. BASIC;; FENCE LINE (2X);;
4. BASIC;; HAND TO HAND (2X);;
5. BASIC;; TIME STEP (2X);;
6. BASIC;; SHOULDER TO SHOULDER (2X);;
7. BASIC;; SPOT TURN (2X);;
8. FWD & BACK BASICS;; CHASE;;;
CUCARACHA (2X);;
9. ALEMANA;; HAND TO HAND (2X);;
10. ALEMANA;; LARIAT;;
11. REV UNDERARM TURN; UNDERARM
TURN;
12. (M) SPOT TURN & (W) TIME STEP;
(M) TIME STEP & (W) SPOT TURN;
13. OPEN BREAK; WHIP;
NEW YORKER; WHIP;

CHA CHA

GENERAL:

The music is written in 4/4 time. Normally 5 steps to a measure using a count of QQQ&Q (QUICK, QUICK, QUICK &, QUICK;) [1, 2, 3&, 4;].

Figures are usually danced in Butterfly or Loose Closed Position.

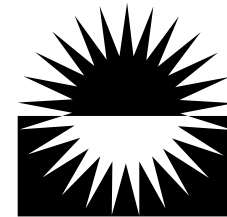
TECHNIQUE:

Like most Latin rhythms, Cha Cha is danced "ball-flat" (no heel leads) with toes slightly turned out in a "V" or "Latin Cross" action.

CENTRE ROUNDS

Introductory Cha Cha Basics

Carter & Ruby Ackerman



CENTRE ROUNDS

Sponsor:
Centre Region Parks & Recreation
Instructors:
Carter & Ruby Ackerman (238-8949)

Fall 2003

CHA CHA

INTRODUCTORY BASICS

Alemana	Front Cuban
Back Basic	Hand To Hand
Break Back to Open	Lariat
Back Cuban	New Yorker
Basic	Open Break
Chase	Shoulder-To-Shoulder
Cucaracha	Spot Turn
Fence Line	Time Step
Forward Basic	Walk
	Whip

ALEMANA;;

M: Fwd L, Rec R, Sd L/CI R, Sd L leading W under lead hands; Bk R, Rec L, Sd R/CI L, Sd R;
W: Bk R, Rec L, Sd R/CI L, Sd R starting to turn RF under lead hands; Fwd Turn L, Fwd Turn R to fc ptr, Sd L/CI R, Sd L;

BACK BASIC;

M: Bk R, Rec L, Fwd R/CI L, Fwd R;
W: Fwd L, Rec R, Bk L/CI R, Bk L;

BREAK BACK TO OPEN;

M: XLIB, Rec R (OP/LOD), Fwd L/CI R, Fwd L;
W: XRIB, Rec L (OP/LOD), Fwd R/CI L, Fwd R;

BACK CUBAN;

M: XLIB, Rec R, Sd L/CI R, Sd L;
W: XRIB, Rec L, Sd R/CI L, Sd R;
(Can start with either foot)

BASIC;;

M: Fwd L, Rec R, Sd L/CI R, Sd L;
Bk R, Rec L, Sd R/CI L, Sd R;
W: Bk R, Rec L, Sd R/CI L, Sd R;
Fwd L, Rec R, Sd L/CI R, Sd L;

CHASE;;;

M: Fwd L turning 1/4 RF, Rec R turning 1/4 RF, Fwd L/CI R, Fwd L;
Fwd R turning 1/4 LF, Rec L turning 1/4 LF, Fwd R/CI L, Fwd R;
Forward Basic; Back Basic;
W: Forward Basic;
Fwd L turning 1/4 RF, Rec R turning 1/4 RF, Fwd L/CI R, Fwd L;
Fwd R turning 1/4 LF, Rec L turning 1/4 LF, Fwd R/CI L, Fwd R;
Back Basic;

CUCARACHA;

M: Rk Sd L, Rec R, (in place) L/R, L;
W: Rk Sd R, Rec L, (in place) R/L, R;
(Can start with either foot)

FENCE LINE;

M: Cross Lunge (XLIF), Rec R, Sd L/CI R, Sd L;
W: Cross Lunge (XRIF), Rec L, Sd R/CI L, Sd R;
(Can start with either foot)

FORWARD BASIC;

M: Fwd L, Rec R, Bk L/CI R, Bk L;
W: Bk R, Rec L, Fwd R/CI L, Fwd R;

FRONT CUBAN;

M: XLIF, Rec R, Sd L/CI R, Sd L;
W: XRIF, Rec L, Sd R/CI L, Sd R;
(Can start with either foot)

HAND TO HAND;

M: XLIB trning LF to OP, Rec R to Fc Ptr, Sd L/CI R, Sd L;
W: XRIB trning RF to OP, Rec L to Fc Ptr, Sd R/CI L, Sd R;
(Can start with either foot)

LARIAT;;

M: Cucaracha (L & R);; (Retain Lead Hands)
W: Walk clockwise around M: R, L, R/L, R; L, R, L/R, L;

NEW YORKER;

M: XLIF trning RF to LOP, Rec R to fc ptr, Sd L/CI R, Sd L;
W: XRIF trning LF to LOP, Rec L to fc ptr, Sd R/CI L, Sd R;
(Can start with either foot)

OPEN BREAK;

M: Rk Apt L (R arm up), Rec R, Sd L/CI R, Sd L;
W: Rk Apt R (L arm up), Rec L, Sd R/CI L, Sd R;

SHOULDER TO SHOULDER;;

M: Fwd L to BFLY/SCAR, Rec R, Sd L/CI R, Sd L;
Fwd R to BFLY/BJO, Rec L, Sd R/CI L, Sd R;
W: Back R to BFLY/SCAR, Rec L, Sd R/CI L, Sd R;
Back L to BFLY/BJO, Rec R, Sd L/CI R, Sd L;

SPOT TURN;

M: XLIF turning 1/2 RF, Rec R turning 1/2 RF to fc ptr, Sd L/CI R, Sd L;
W: XRIF turning 1/2 LF, Rec L turning 1/2 LF to fc ptr, Sd R/CI L, Sd R;
(Can start with either foot)

TIME STEP;

M: (no hands joined) XLIB, Rec R, Sd L/CI R, Sd L;
W: (no hands joined) XRIB, Rec L, Sd R/CI L, Sd R;
(Can start with either foot)

WALK;

M: Fwd L, Fwd R, Fwd L/CI R, Fwd L;
W: Fwd R, Fwd L, Fwd R/CI L, Fwd R;
(Can start with either foot)

WHIP;

M: Bk R (turn 1/4 LF), Rec L (turn 1/4 LF to fc ptr), Sd R/CI L, Sd R;
W: Fwd L, Fwd R (turn 1/2 LF), Sd L/CI R, Sd L;

ABBREVIATIONS

Fwd: Forward	LOD: Line Of Dance
Bk: Back	RLOD: Rev. Line Of Dance
Sd: Side	BFLY: Butterfly Position
Cl: Close	OP: Open Position
Tch: Touch	LOP: Left Open Position
M: Man	BJO: Banjo Position
W: Woman	SCAR: Sidecar Position
L (R): Left (Right)	XLIB: Cross Left In Back
LF: Left Face	XRIF: Cross Right In Front
RF: Right Face	Fc Ptr: Face Partner
Rk: Rock	Rec: Recover

; Semicolon indicates end of a measure
, Comma divides a measure into counts
- Dash indicates a hold count
/ Slash divides a beat into two weight changes

INTRODUCTORY DANCES

SHADOWS IN THE MOONLIGHT (Ackerman)

A: BASIC;; NEW YORKER; SPOT TURN;
HAND-TO-HAND (2X);; TIME STEP (2X);;
B: F & B BASICS;; CHASE;;; CUCARACHA (2X);;
C: BREAK BK TO OP; WALK; CIRCLE ;;
LARIAT ;; FENCE LINE (2X) ;;

I'LL BE THE ONE (Jabour)

A: F & B BASIC;; CHASE;;; CUCARACHA (2X);;
B: ALEMANA;; LARIAT;; SHOULDER-TO-SHOULDER (2X);; HAND-TO-HAND (2X);;
C: OPEN BREAK; WHIP; NEW YORKER (2X);;
OPEN BREAK; WHIP; SPOT TURN (2X);;

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