

**Rhythm:** 4/4, 4 beats per measure: All steps break on count 2.

Slow slow quick-quick slow,  
or step step cha-cha-cha  
or two three four-and one

**Posture:** head erect, straight back, bent knees, loose hips, Cuban Rhythm (like walking up stairs with delayed weight placement.) Flirty style.

**Position:** Closed Latin position, two hands held, one hand hold and no hands in contact are all used for the Cha Cha. Eye contact with your partner should be maintained throughout all variations.

**Variations:**

**Starter Step:** Breaks on count 2. Leader steps with L to side, rocks back on R foot, forward on L, cha cha cha-before going into basic to begin the dance. Follower's step is: Step R to R side, rock forward on L, back on R, cha cha cha.

1. **Basic:** Leader steps forward L, rocks back on R, Cha Cha Cha (3 tiny steps--weight changes L, R, L,) in place. Leader rocks back on R, rocks forward L, Cha Cha Cha (3 tiny steps--weight changes R, L, R) in place. Follower reverses steps. An introduction may be added.
2. **Side Basic:** Same as Basic except Cha Cha Cha steps travel to side. (Leader to L side on first cha cha cha, to R side on second cha cha cha. Follower does reverse.)
3. **Passing Basic**, or Progressive Basic: Same as Basic except cha cha steps are done moving forward and backward.
4. **Cross-Over Break:** Leader steps L to side across his R foot. Rock back in place with R foot, cha cha cha (3 tiny steps--LRL). R foot crosses over L foot to L side, rock back in place with L, cha cha cha. Follower reverses feet. The leader's lead must be strong on opening beat, take ladies R hand in leader's L, preferably with an alligator hold, pulling across to leader's R side. This sequence is done for an even number of cha cha chas.
5. **Turn Around:** After the 3rd (or odd number) of Cross-Over Break steps, leader and follower turn simultaneously away from each other--(outside) slow slow end facing partner with cha cha cha steps. Leader's lead for this is to swing follower's arm away as he lets go.
6. **Cross-Over Break with Under Arm Turn:** After 3rd cross over, leader holds and raises follower's R hand with his L hand, Follower does L slow turning out, R pivot slow to face partner and cha cha cha. Leader does 4th cross-over break. Can also do a follower's Under Arm Turn inside direction--leader leads into this by crossing held hand to follower's L side (leader's R) and lifting arm up for follower to go under. Another variation is that both can turn outside under raised joined arms.

7. **Chase**, also known as Half Chase: Uses Shine Position. Leader initiates the chase any time his L foot is free, usually after 2 Basics. Leader steps forward on L pivoting to face 180 degrees (faces away from partner), with weight transferred to R foot. This is the cue for the follower that the Chase has begun. On her next L forward step, she will pivot 180 degrees to face away from her partner. The cha cha cha steps are done as a forward Progressive Basic. The pivots continue on every step until the leader does a basic, at which time the follower follows his lead by joining him in the basic. Think: L foot forward, turn R, pass pass pass; R foot forward, turn L, pass, pass, pass. The leader and follower use the same foot work, but the follower starts one measure after the leader.

8. **Full Chase**: Same as Chase/Half Chase, but on cha cha cha steps turn 180 degrees again, to face partner. Often the Full and Half chases are alternated.

9. **Double Break**: Start in 2 hand hold, open to leader's R side with a cross over holding inside hands. Lock outside foot behind leading foot, cross and rock back, cha cha cha facing partner. Think: Cross Lock, Cross Rock, Cha Cha Cha. Generally, 4 Double Breaks are done to finish with music.

10. **Sweetheart**: From a two-hand hold, the leader swings follower's R arm diagonally overhead and turns follower into a wrapped, side by side position. Then he turns follower back out to basic two hand hold. The leader does the basic step throughout. Follower does 180 degree turn to L, cha cha steps next to leader in side by side hold, then is turned 190 degrees to R, stepping forward on R for basic position.

11. **Standard Peek a Boo**: Leader does basic footwork, when he goes back on R foot, he lifts his L hand toward his R shoulder (follower's R arm up to her L side), put leader's R hand on her R upper back. Follower's footwork: Rock back on R foot, step L forward, cha cha cha turning  $\frac{1}{2}$  to L. Rock back on L foot, forward on R, cha cha cha turning  $\frac{1}{2}$  to R.

12. **Full Peek a Boo**: This is a R to R hand or two hand hold variation. Same foot work for both, but leader changes hands so that he holds follower's R hand in his R, crosses his L hand over his R, to hold follower's L. From this position a window is formed, and partners peek through the double arm windows at each other. Get out with a follower's UAT or a simple hand change since you are in basic. More advanced, use a leader's single or double head loop to get out.

13. **Alternating Hands**: Variation of Full Peek a Boo, uses same foot work. Leader holds follower's wrist. Pulling R hand across, then L. (handshake, reverse handshake), could also hold forearm.

14. **Cross Body Lead**: Follower rocks back on R foot, cha cha cha in place, rock forward on L,  $\frac{1}{2}$  turn to L on step R, cha cha cha to finish turn and face ptr. Leader starts basic with forward L, back on R, and leads follower across his body, doing cha cha cha as a side close side. Turn  $\frac{1}{2}$  to L to face ptr for rock step and last cha cha cha.

**15. Half Moon:** Start with cross body lead using R handshake hold, after ½ basic, both do a side by side with L arms out to side. Go into a cross over break (5<sup>th</sup> position break) and add cross over spins. The follower spins on the cha cha cha-think: cross step turn turn; cross step turn turn. The leader puts his hand up, so she can use it as pressure against the spins both L and R. The follower does rock forward, back, spin-rept. The leader rocks back or can also spin.

**16. Fifth Position Break/Flip Flop:** Similar to Cross Over Break, both cross behind standing foot. Can be in closed position or open into flip flop.