CHA CHA VARIATIONS FOR STANFORD DANCE WEEKEND
Danced at 108 (slow) to 120 (best) to 138 (fast) beats per minute

BASIC – Gent rocks forward on his LF then steps RF back in place on 1-2. He does a smooth back-together-back LRL on 3&4. Lady starts with rock-step back on her RF (as in Swing) then steps her LF forward in place on 1-2. She does a smooth step-together-step traveling forward RLR. Both reverse directions and feet for 5 6 7&8.

CROSS-OVER – Gent steps L across over R, then steps RF back in place on counts 1-2; he does a side-together-side chasing sideways to the Left on 3&4. Lady does same, reversing L for R steps. Both reverse all to the other side. Release her L hand in advance to allow her to open up to facilitate the crossover, then retake that hand for a two-hand hold during sideways cha cha.

TURNING EXIT – after an odd number of Cross-over steps, gent leads lady into a Cross-step on their second feet and then casts hands away to spin her to her right while he spins left. Full spot turn, spinning away from partners on 6 7&8.

LADY’S ARCH TURN – After one half phrase of a basic (counts 1-4), he raises his L/her R hand and steps RF crossing behind on count 5, leading her to step LF crossing front and continue turning to the Right on 5-8.

CHASE – Gent initiates a chase by stepping forward L and pivoting ½ around to his Right before stepping RF in place on count 2. He then moves forward LRL on 3&4 with his back to his partner. He reverses all, stepping R and pivoting ½ around to his Left before stepping LF in place to chase her back home RLR. Lady begins with normal Basic step, but joins in by pivoting on her L foot after the man has initiated the pivots.

FLIP FLOPS – From Waltz position, push hands away gently before count 1, both cross back on count 1, opening up to release hands but maintain hands on waist/shoulder. Face partner on 3&4, take waist/shoulder, releasing other hands to cross behind on count 5. Exit by re-taking forward hands to signal return to basic position.

HALF MOON - From R in R hands, he sweeps their R hands to his right to lead her into a ½ turn L on counts 3&4; end facing the same direction with her in his right arm in Sweetheart position (his R arm draped over her shoulder, taking L hands in front). Both rock-step back on 5-6, she travels home with a R turn on 7&8

STYLE NOTES: The basic cha cha (QQS) can be done traveling smoothly with a step-together-step, or done almost in place with little traveling. It is danced smoothly with no bouncing, graceful arms and easy transitions. The mood is playful and flirtatious.

There is another version of the Cha Cha that uses a different rhythm: S S S QQ; both are used in ballrooms today.

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