

LESSON FIVE: CHA CHA

Objectives

Grade	Objective
6 - 8	<ul style="list-style-type: none">➤ Demonstrate the Basic Step with a partner in time to music.➤ Explain the purpose of using the marking time in place in the Cha Cha Basic➤ Demonstrate at least two other figures with a partner to music.➤ Explain the importance of the speed of the Pivot Turn
9 - 12	<ul style="list-style-type: none">➤ Demonstrate all figures with a partner to music.➤ Explain the differences in the lead for the Pivot Turn and the Underarm Turn to the Right.➤ Explain the difference between the steps in the New York and the Hand to Hand.➤ Explain why it is important to face our partner on the Cha Cha Chasse.➤ Demonstrate knowledge of the Cha Cha dance by identifying various artists from that era.

Lesson Summary

🎵 I like it like that; Lets get loud; Dance & Listen Ltd / Any Cha Cha

In this lesson the class will learn the basic steps in the Latin dance the Cha Cha as leaders and followers. Throughout the class add on a series of different patterns (units) and steps to create a social Latin dance routine. This is a partner dance usually with the male being the leader and the female as the follower.

- Basic Cha Cha
- Opening Out
- Pivot Turn
- Underarm Turn to Right
- Hand to Hand
- Pivot Turn

Warm Up:

Use Activity One as the warm up

Activity 1: Basic Cha Cha Cha

🕒 10 minutes



This is taught starting the dance on the chasse as it is easier to pick up the beat, and avoids toes being stepped on.

The footwork is ‘Ball-Flat’ throughout (see Lesson Three: Salsa for an explanation of this, and how it impacts the hip action)

A) BREAKDOWN: BASIC CHASSE MARKING TIME

The mark time in place is used as a teaching tool to help the students pick up rhythm and coordination. In the next exercise, it will be replaced with the forward and back steps, though for classes of less advanced classes, the Mark Time Basic is sufficient.

Count	Leader	Follower
	Face Partner in Double Hand or Ballroom hold	Face Partner in Double Hand or Ballroom hold
Quick	Right foot step to side	Left foot to side
Quick	Left foot closes to right foot	Right foot closes to left foot
Slow	Right foot step to the side	Left foot to side
Slow	Left foot closes to right foot marking time.	Right foot closes to left foot marking time.
Slow	Right foot marks time in place.	Left foot marks time in place.
Quick	Left foot step to side	Right foot step to side
Quick	Right foot closes to left foot	Left foot closes to right foot
Slow	Left foot step to the side	Right foot step to the side
Slow	Right foot closed to left foot marking time	Left foot closed to right foot marking time.
Slow	Left foot marks time in place	Right foot marks time in place.

A) BREAKDOWN: BASIC CHASSE MARKING TIME

Practice to Music. The rhythm starts on the fourth beat, so when counting this in, count [1 2 3 ..cha cha cha]. Rotate partners frequently.

B) BREAKDOWN: BASIC CHASSE

Stepping forward and back rather than marking time is the correct footwork for this dance. Once the class is familiar with the rhythm and speed of the Cha Cha Cha, these can be added to the Basic.

Count	Leader	Follower
	Face Partner in Double Hand or Ballroom hold	Face Partner in Double Hand or Ballroom hold
Quick	Right foot step to side	Left foot to side
Quick	Left foot closes to right foot	Right foot closes to left foot
Slow	Right foot step to the side	Left foot to side
Slow	<i>Left foot forward</i>	<i>Right foot back</i>
Slow	<i>Transfer weight back to right foot</i>	<i>Transfer weight forward to right foot</i>
Quick	Left foot step to side	Right foot step to side
Quick	Right foot closes to left foot	Left foot closes to right foot
Slow	Left foot step to the side	Right foot step to the side
Slow	<i>Right foot back.</i>	<i>Left foot forward</i>
Slow	<i>Transfer weight forward to left foot.</i>	<i>Transfer weight back to right foot.</i>

C) BREAKDOWN: BASIC CHASSE

Practice to Music. The rhythm starts on the fourth beat, so when counting this in, count [1 2 3 ..cha cha cha]. Rotate partners frequently.

Activity 2: Opening Out

🕒 10 minutes

Similar to the Basic Chasse, but instead of stepping forward & back, release one hand, then together with their partner turn outwards and step forward.

Naming convention of Opening Out to the Right / Left is taken from perspective of the leader.

A) BREAKDOWN: OPENING OUT TO THE RIGHT

The turn and forward step is in the same direction as the chasse.

Count	Leader	Follower
	Face Partner in Double Hand hold	Face Partner in Double Hand hold
Quick	Right foot step to side	Left foot step to side
Quick	Left foot closes to right foot	Right foot closes to left foot
Slow	Right foot step to the side Release right hand	Left foot step to side Release left hand
Slow	Turn $\frac{1}{4}$ turn to the right (outwards) Left foot steps forward	Turn $\frac{1}{4}$ turn to the left (outwards) Right foot steps forward
Slow	Replace weight back onto right foot	Replace weight back onto left foot
	Take Double Hand hold Continue with Chasse	Take Double Hand hold Continue with Chasse

B) BREAKDOWN: OPENING OUT TO THE LEFT

Repeat Exercise A, on the other foot.

C) PRACTICE: OPENING OUT

First walk through without music. Then dance twice through before rotating partners.

- Two Basic Chasses
- Opening Out to the Right.
- Opening Out to the Left.
- Opening Out to the Right.
- Opening Out to the Left.
- Repeat from (a)

Activity 3: Pivot Turn

🕒 10 minutes

A simple extension of the Opening Out to the Left, instead of replacing the foot after the forward step, release hold and pivot half a turn (turning outwards, away from partner). This step is especially effective when used to finish off a set of Opening Out.

This is a Mirrored step

A) BREAKDOWN: PIVOT TURN

Count	Leader	Follower
	Face Partner in Double Hand hold	Face Partner in Double Hand hold
Quick	Left foot step to side	Right foot step to side
Quick	Right foot closes to left foot	Left foot closes to right foot
Slow	Left foot step to the side Release left hand	Right foot step to side Release right hand
Slow	Turn $\frac{1}{4}$ turn to the left (outwards) Right foot steps forward	Turn $\frac{1}{4}$ turn to the right (outwards) Left foot steps forward
Slow	<i>Pivot turn $\frac{1}{2}$ turn to the left</i>	<i>Pivot turn $\frac{1}{2}$ turn to the right</i>
	Take Ballroom hold Continue with Chasse	Take Ballroom hold Continue with Chasse

B) PRACTICE: OPENING OUT WITH PIVOT TURN

First walk through without music. Then dance twice through before rotating partners.

- (a) Two Basic Chasses
- (b) Opening Out to the Right.
- (c) Opening Out to the Left.
- (d) Opening Out to the Right.
- (e) Pivot Turn
- (f) Repeat from (a)

Activity 4: Underarm Turn

🕒 10 minutes

For the follower, this is essentially same as the Pivot Turn, while for the leader it is just the Basic Chasse. The leader raises their left arm for the follower to turn under.

A) BREAKDOWN: UNDERARM TURN

As leader dances the Basic Chasse to the left, their left arm raises to prepare the follower for the Underarm Turn. The follower dances a pivot turn to the right on the leaders back step both following with a sideways chasse.

Count	Leader	Follower
	Face Partner in Ballroom hold	Face Partner in Ballroom hold
Quick	Left foot step to side	Right foot step to side
Quick	Right foot closes to left foot	Left foot closes to right foot
Slow	Left foot step to side	Right foot step to side
Slow	Raise the left arm Lead the follower to turn by stirring left arm clockwise Right foot back	Turn ¼ turn to the right (outwards) Left foot steps forward
Slow	Transfer weight forward to left foot Lower the joined arm	Pivot turn ½ turn to the right Lower the joined arm

B) PRACTICE: OPENING OUT WITH PIVOT TURN

First walk through without music. Then dance twice through before rotating partners.

- (a) Two Basic Chasses
- (b) Opening Out to the Right.
- (c) Opening Out to the Left.
- (d) Opening Out to the Right.
- (e) Pivot Turn
- (f) One Basic Chasse
- (g) Half Basic Chasse & Underarm Turn
- (h) Repeat from (a)

Activity 5: Back to Back

🕒 10 minutes

Similar to the Opening Out, but instead of turning out and stepping forward, turn in and step back.

A) BREAKDOWN: BACK TO BACK TO THE RIGHT

Count	Leader	Follower
	Face Partner in Double Hand hold	Face Partner in Double Hand hold
Quick	Right foot step to side	Left foot step to side
Quick	Left foot closes to right foot	Right foot closes to left foot
Slow	Right foot step to the side	Left foot steps to the side
Slow	Turn ¼ turn to the left (inwards) Left foot back	Turn ¼ turn to the right (inwards) Right foot back
Slow	Replace weight forward onto right foot	Replace weight forward onto left foot
	Turn to face partner and join hands on the Chasse	Turn to face partner and join hands on the Chasse

B) BREAKDOWN: BACK TO BACK TO THE RIGHT

Repeat Exercise A, on the other foot.

C) PRACTICE: FULL ROUTINE WITH BACK TO BACK

First walk through without music. Then dance twice through before rotating partners.

- (a) Two Basic Chasses
- (b) Opening Out to the Right.
- (c) Opening Out to the Left.
- (d) Opening Out to the Right.
- (e) Pivot Turn
- (f) One Basic Chasse
- (g) Half Basic Chasse & Underarm Turn
- (h) Back to Back to the Right.
- (i) Back to Back to the Left.
- (j) Back to Back to the Right.
- (k) Pivot Turn
- (l) Repeat from (a)

