

<p>Start:</p> <p>Couple faces each other in social dance frame position</p> <p>The dance moves in a counter clockwise circle</p> <p>Except for the last two sets of 4 counts, all the other 4 counts consist of two full beats (counts 1 and 2) and one set of cha cha cha's (counts 3 "AND" 4)</p> <p>ChaChaCha - three foot movements in 2 beats e.g. "1 AND 2" or "3 AND 4"</p> <p>This is the same count as a shuffle step or a chasse (side shuffle step) . In this dance, one is generally moving along or against the LOD during the cha cha cha's making them shuffles or chasse steps</p>	<ul style="list-style-type: none"> • Partners face each other, slightly offset so that Leader is looking over Follower's right shoulder. This keeps you from stepping on the other partner's feet. • Leader's left upper arm is roughly straight out to the side from his body. • Leader's left upper arm is bent at elbow up and slanted forward to create a gap as it bridges half the space between the partners. • Follower's right arm generally mirrors the Leader's left arm. • Leader's left hand is at 90 degrees from his arm, palm to the Follower, thumb up, spread from his fingers. Leader left hand at Follower's eye height • Follower's right hand fingers hook into the spread between Leaders thumb and fingers, while Followers thumb is outside of the Leader's thumb. The hands connect but do not grasp each other. • Leader's right arm extends forward from his body with his fingers bent 90 degrees from his palm. Leader bends his elbow out to the side such that his fingers come in contact with the Follower's left shoulder blade and his palm presses against the side of the Follower's body. • Follower's left arm lies on top of the Leader's right arm. The follower places their right hand where it naturally meets the Leaders body – shorter arms might contact the upper biceps, longer will press against the Leader's shoulder • The Follower and Leader use their muscles to support the weight of their arms. • Both partners supply pressure against their partner's body. Both partners hold their arms rigid, not allowing them to collapse back onto their bodies when the other partner supplies pressure. • The goal of the social frame is to allow the Leader's leads to steer the Follower. • Weight is on the Leader's right foot, Follower's left foot • Leader faces LOD. Follower faces against LOD
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<p>First 4 counts:</p> <p>Basic Leader forward:</p> <p>Recover weight</p> <p>Basic Follower backwards</p> <p>Hands hold social frame</p>	<p>Leader’s foot work:</p> <ol style="list-style-type: none"> 1. Step forward on left foot – weight transfers to left 2. Recover weight to right foot. 3. Step Left foot next to right foot – weight to left foot. Lift right foot “AND” Step Right foot in place- weight to right foot. Lift left foot 4. Step left foot in place – weight to left foot <p>Follower foot work:</p> <ol style="list-style-type: none"> 1. Step Right foot back, weight to right foot 2. Recover weight to Left foot 3. Step right foot next to Left – weight to right foot. Lift left foot “AND” Step left foot in place – weight to left. Lift right foot 4. Step right foot in place -weight to right foot <p>Note: It is okay / some prefer to move against LOD a very little during the cha cha cha steps</p>
<p>Second 4 counts:</p> <p>Leader gets off the LOD track to the inside of LOD circle but facing outside LOD circle</p> <p>Cha cha cha is chasse against LOD</p> <p>Follower does walking outside 1 and ¼ turn (away from Leader’s chest) moving against LOD on the LOD track</p> <p>Partners end up facing each other.</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Step Right foot back and off the LOD track making quarter turn to face outside LOD circle, weight to right foot 2. Left foot crosses in front of right and lands further against LOD off the track 3. Step right foot passing left foot further against LOD “AND” Step left foot next to right foot – weight to left. 4. Step right foot further against LOD feet end up about shoulder width-weight to right foot <p>Follower foot work:</p> <ol style="list-style-type: none"> 1. Step forward on left foot against LOD making a quarter turn to point toe towards inside of LOD circle– weight transfers to left foot ball so Follower can turn on next count. Body is facing inside LOD circle on the LOD track 2. Swing right foot back and around making the body do a half turn, landing shoulder width, so that facing outside LOD circle – land on ball of right foot 3. Left foot swings forward and around to make another half turn to face inside LOD circle to end wider than shoulders with toe facing inside LOD

<p>Leader on inside, follower on outside LOD circle.</p>	<p>“AND” Step right foot towards the left foot ending about shoulder width - weight to right foot. Lift left foot</p> <ol style="list-style-type: none"> 4. Step left foot a little further against LOD (to balance against / stop the momentum of the turn) – weight to left foot <p>Hands</p> <ol style="list-style-type: none"> 1. Count 1 starts in social position. As count 1 ends, the Leader has raised his left hand, her right hand higher than Follower’s head. The connection between Leader’s right hand and Follower’s back ends the count by indicating that the Follower is to turn over her right foot by applying pressure against Follower’s back. 2. On count 2, Leader’s left hand remains high and Leader’s right hand moves out of the way of Follower’s turn. 3. Starting on count 3, Leader’s left hand / Follower’s right are coming down and Leader’s right hand is extending forward 4. By count 4, the partners are somewhat in social position with Leader’s right hand on Follower’s left shoulder (or a little lower) and Leader’s left / Follower’s right hand at Follower’s shoulder height. Thus hands are a little lower than normal social position
<p>Third 4 counts:</p> <p>Rock back against LOD while facing LOD, then cha cha cha (chasse) while facing each other</p> <p>Follower: Step right back, Recover ChaCha Cha is a chasse step moving forward along LOD</p>	<p>Leader:</p> <ol style="list-style-type: none"> 1. Swing left foot back and around to turn Leader quarter turn to face LOD, let right foot rise. 2. Recover weight to right foot. 3. Swing left foot forward further past the right foot along LOD doing quarter turn to face outside LOD (facing partner). “AND” Step right foot near left foot 4. Step left foot to the side further along LOD <p>Follower foot work:</p> <ol style="list-style-type: none"> 1. Swing right foot back and around to turn Follower quarter turn to face LOD, let left foot rise. 2. Recover weight to left foot. 3. Swing right foot forward further past the left foot along LOD doing quarter turn to face inside LOD (facing partner). “AND” Step left foot near right foot 4. Step right foot to the side further along LOD <p>Hands</p>

	<ol style="list-style-type: none"> 1. At the beginning of count 1, Release Leader left / Follower right hands and swing them to the side of their respective bodies “opening up”. Leader’s right hand maintains connection to the Follower’s back left shoulder. Follower’s left hand maintains connection to Leader’s right shoulder. 2. On count 2, stay opened up. 3. On count 3, release Leader’s right hand connection to Follower’s back / release Follower’s left hand connection to Leader’s right shoulder. Move hands away from body 4. On count 4, the Leader’s left hand should be reaching for Follower’s right back, as Follower’s right hand is reaching for Leader’s left shoulder. Other hands stay away from body
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<p>Fourth 4 counts:</p> <p>Both rock back along LOD, then change sides (Leader to outside of LOD circle, Follower to inside)</p> <p>Leader : Return to LOD track facing LOD</p> <p>Follower: Move to inside LOD circle</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Swing right foot back and around to turn Leader quarter turn to face against LOD, let left foot rise. 2. Recover weight to left foot. 3. Swing right foot forward further past the left foot against LOD doing quarter turn to face outside LOD to land ball of right foot on the LOD circle. “AND” Step left foot next to right foot doing a quarter turn to face LOD – note right foot rotates on it ball 4. Step right foot further to the side outside LOD track. (note: Leader is facing LOD, on the outside of LOD circle. Leader’s feet are parallel to each other. Follower will be on Leader’s left side) <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Swing left foot back and around to turn Follower quarter turn to face against LOD, let right foot rise. 2. Recover weight to right foot. 3. Big swing of left foot to quarter turn body to face inside LOD circle and across (and over) LOD track. Land on ball of left foot. Note that Follower is crossing the LOD track further against the LOD than Leader. “AND” Right foot moves between partners doing a quarter turn to face LOD, landing next to Left foot but with heel of right foot by toe of left foot. The left foot
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<p>Hands are doing a belt loop exchange</p>	<p>rotates on its ball. The right foot is further along LOD than the left foot.</p> <p>4. Left foot takes a big forward step to align Follower's body alongside of the Leader's body. The big step is necessary because Follower is further back on the LOD because the Leader crosses the track in front of the Follower. At the end of count 4, the Leader's feet and the Follower's left foot are all aligned with respect to location along LOD. The Follower's right foot is further back than the other three feet.</p> <p>Hands:</p> <ol style="list-style-type: none"> 1. on count 1, the Leader's left hand should be on Follower's right back, as Follower's right hand is on Leader's left shoulder. Other hands stay away from body to open up facing against LOD 2. On count 2, start in open position. Then Leader encourages Follower to change places with respect to LOD by lifting his free right arm up and out of the way, while gently pushing the Follower's back with Leader's left hand to encourage Follower to cross in front of him (further against LOD) 3. On count 3, the partners are side by side, Leader facing out, Follower facing in, Leader further forward along LOD. Leader's right hand in in the air out of the Follower's way. Leader's left hand has lost its connection to the Follower's back, but stays waist high. Follower's right hand is starting to drag along Leader's belly and will continue to stay at his belt height. "AND" Leader lowers his right arm as the foot work has both partners facing the LOD. Follower's right hand has dragged along the Leader's belt to Leader's back as partners turn to face LOD. Note Follower is slightly behind Leader relative to distance along LOD. 4. The leader's left arm is down near his body, bent at the elbow so his hand is extended away from his body. As Follower comes along side Leader with that bigger step, Follower's right hand slides from Leader's back, to the elbow.(to be continued on next count). Other hands just hanging in space.
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<p>Fifth 4 counts: Both rock back off of LOD track and recover</p> <p>Leader: After rock recover, do a quarter turn to move along LOD</p> <p>Follower: After rock / recover, make an inside 3 /4 turn progressing along LOD to end facing against LOD</p>	<p>Leader foot work:</p> <ol style="list-style-type: none"> 1. Left foot back to quarter turn off of the LOD track to turn body to face partner – weight shifts to left. 2. Recover on right foot but with toe slightly pointed towards LOD. 3. Step left foot crossing in front of right foot to land slightly further along LOD, but with the toe still pointed at 45 degrees from LOD. Body is on a diagonal to partner. Left side slightly further back than right side “AND” Right foot slides / small step so that heels are aligned with respect to distance along LOD 4. Left foot steps forward along LOD. Note that the Follower is doing an inside during the “3 and 4”. Leader’s step size must adjust to Follower’s turning so as to not throw her off balance, and to help her maintain balance. Generally, the Leader’s 3 AND steps are smaller so Follower can turn will not making much progress along LOD, whereas the 4 step needs to be of a distance to match Follower’s “4” step. <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Right foot back to quarter turn off of the LOD track to turn body to face partner. Weight to the right foot. Follower is facing to the outside of LOD circle 2. Recover on the ball of left foot, toe slightly pointed towards LOD. Weight to left foot ball 3. Right foot swings between partners bodies starting an inside turn by making a half turn and landing further along LOD than left foot. Weight on ball of right foot Follower’s body swivels on left foot ball during the half turn. Follower is now facing inside LOD circle. “AND” Left foot swings in a quarter turn such that Follower is facing against LOD. Left foot slightly further along LOD than right foot. 4. Right foot steps back, further along LOD, Follower still facing against LOD. Follower is still on the inside of the LOD circle <p>Hands:</p> <ol style="list-style-type: none"> 1. The belt loop exchange is completed as Follower’s right hand completes its slide down the Leader’s left forearm to
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	<p>connect the hands as the bodies move away from each other on the rock.</p> <ol style="list-style-type: none"> Maintain connection Leader left hand, Follower right hand. Other hands hanging in space. Leader raises joined hands, moving first somewhat to (across) his torso as the hands go up, but then out over Follower’s head so she can do an inside turn under them, rather than be pulled off balance. (Hands coming across the torso indicate an inside turn to the Follower. Hands raised up and away from Leader’s torso indicate an outside turn) At the end of count 3, Follower’s back is to Leader, with Leader left hand, Follower’s right hand over Follower’s head. “AND” Joined hands up as Follower completes last quarter of turn Leader has taken their joined hands out from their bodies at shoulder height. Leader’s right hand starts reaching for Follower’s back as Follower’s left hand is reaching for Leadr’s right shoulder. They are moving to a social position for the next set of counts.
<p>Sixth 4 counts: Turn and face partner With a side Then together Then side shuffle (chasse - the cha cha cha)</p>	<p>This set of counts start with the Leader facing LOD but not as far along LOD as Follower. Follower is facing against LOD. The Leader has his left foot forward of his right foot. Leader’s left foot is alongside of Follower’s left foot. Follower’ right foot is slightly “behind” her, further along LOD than her left foot.</p> <p>Leader foot work</p> <ol style="list-style-type: none"> Step Right foot past the left foot, doing a quarter turn to face the Follower, feet shoulder width. Leader is facing inside (towards center) of LOD Slide left foot next to right foot. Leader should be facing partner. Take the whole count to do the slide. Step right foot to side (further along LOD). “AND” Slide / step left foot next to right Step right foot to the side further along LOD <p>Follower foot work:</p> <ol style="list-style-type: none"> Swing left foot in a quarter turn “back” (further along LOD) so that Follower has turned from facing against LOD to facing outside LOD Slide right foot next to left foot. Take the whole count. Should be facing partner. Step left foot to the side further along LOD. “AND” slide right foot next to left

	<p>4. Step left foot to the side further along LOD</p> <p>Hands:</p> <ol style="list-style-type: none"> 1. On count 1, assume social dance frame position 2. Maintain social dance position for the remainder of these counts (2 thru 4)
<p>Seventh 4 counts:</p> <p>No cha cha cha in these counts</p> <p>Leader weaves for 4 counts</p> <p>Follower weaves for 4 counts</p>	<p>Leader foot work:</p> <ol style="list-style-type: none"> 1. Step left foot crossing in front of right foot past the right foot, doing a quarter turn to face LOD 2. Step right foot further along LOD by passing behind the left foot and ending with a quarter turn to face Leader to center of LOD circle 3. Swing left foot behind right foot in a quarter turn ending further along LOD. Leader’s body has turned to face against LOD. 4. Move right foot between partners further along LOD than left foot, ending in a quarter turn to face Leader towards center of LOD circle. Feet are shoulder width <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step right foot back further along LOD, turning a quarter turn to face Follower against LOD 2. Left foot moves between partners and back further along LOD, ending in a quarter turn such that Follower faces outside LOD circle. Partners are facing each other. 3. Right foot passes between bodies crossing in front of left foot and ending in a quarter turn further along LOD. Follower is now facing LOD 4. Left foot moves behind right foot, doing a quarter turn as it lands further along LOD than the right foot. Follower is now facing outside the LOD <p>Hands:</p> <p>Hands remain in social position hold, but flexing as partner’s bodies move in the weave pattern, facing different positions. So on counts 2 and 4, when partners are facing each other, normal social position.</p> <ol style="list-style-type: none"> 1. On count 1, leader’s left arm is extended across Follower’s chest. Leader’s left shoulder is adjacent to follower’s left shoulder 2. On count 2, normal social dance frame position 3. On count 3, Leader’s right arm is extended across Follower’s chest. Leader’s right shoulder is adjacent to Follower’s right shoulder.

<p>Eighth 4 counts:</p> <p>Leader does two shuffle steps (2 cha cha cha's)</p>	<p>4. On count 4, normal social position.</p> <p>Leader starts facing inside LOD circle, Follower facing outside LOD circle.</p> <p>Leader's foot work</p> <ol style="list-style-type: none"> 1. Quarter turn left foot to step along LOD (use a smaller step since Follower will be turning) Leader is facing LOD "AND" slide right foot to left foot 2. Slide left foot forward 3. Step right foot forward (might need to use larger steps to help maintain Follower's balance) "AND" step left foot forward (step instead of slide to catch up to turning Follower's position on LOD) 4. Step right foot forward <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step right foot back doing a half turn to face inside LOD "AND" Quarter turn on left foot to face LOD 2. Step right foot forward and do a quarter turn out to the side, so facing outside LOD circle 3. Step left foot back doing a quarter turn to face against LOD "AND" step right foot back, further along LOD since facing against LOD (this might need to be a small step so Leader can catch up) 4. Step left foot back (this may need to be a small steps so Leader can catch up) <p>Hands:</p> <ol style="list-style-type: none"> 1. On count 1, Leader raises his left / Follower right hand up in air. Encourages the turn by pushing on Follower's back with his right hand. Follower moves hand off Leader's right shoulder as she starts to turn 2. On count 2, Leader keeps the connected hands above the Follower's head. Note that the hands are not holding, just touching so Follower can rotate without breaking any fingers. 3. On count 3, couple should be re-establishing social frame position 4. By count 4, partners should be in social frame position
<p>Dance pattern repeats from start:</p>	<p>Leader's foot work:</p> <ol style="list-style-type: none"> 1. Step forward on left foot – weight transfers to left 2. Recover weight to right foot.

<p>Basic Leader forward: Recover weight ChaChaCha - three foot movements in 2 beats e.g. "1 AND 2" or "3 AND 4" Basic Follower backwards Hands hold social frame</p>	<p>3. Step Left foot next to right foot – weight to left foot. Lift right foot "AND" Step Right foot in place- weight to right foot. Lift left foot 4. Step left foot in place – weight to left foot</p> <p>Follower foot work:</p> <ol style="list-style-type: none"> 1. Step Right foot back, weight to right foot 2. Recover weight to Left foot 3. Step right foot next to Left – weight to right foot. Lift left foot "AND" Step left foot in place – weight to left. Lift right foot 4. Step right foot in place -weight to right foot <p>Note: It is okay / some prefer to move against LOD a very little during the cha cha cha steps</p>
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