

<p>Start:</p> <p>Couple faces each other in social dance frame position</p> <p>The dance moves back and forth along a track but does not progress in a circle</p> <p>There are some moves that move across the track</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. • 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
<p>First 4 counts: On the track</p>	<p>Leader’s foot work:</p> <ol style="list-style-type: none"> 1. Step forward on left foot – weight transfers to left

<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>	<ol style="list-style-type: none"> 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>Second 4 counts: On the track Basic Leader backwards Recover Chachacha in place Basic Follower Forward Recover Chachacha in place</p>	<p>Leader 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>Follower 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>Third 4 counts: On the track Leader: Step left forward, Half turn pivot ChaChaCha is a Shuffle step moving forward</p>	<ol style="list-style-type: none"> 1. Step left foot forward to ball of foot, raise right foot to ball of foot. Drop social frame, release right side connection, lower hand, bringing follower's left hand down to waist level 2. Half turn pivot to the Leader's right, facing away from partner. Leader's left hand trails behind his body, staying connected to Follower's right hand. After the pivot, the Leader's right foot is forward of his left foot.

<p>Follower: Step right back, Recover ChaCha Cha is a shuffle step moving forward</p>	<ol style="list-style-type: none"> 3. Step left foot forward past the right foot. “AND” Slide right foot forward until toe is between left foot arch and heel 4. Slide left foot forward <p>Follower foot work:</p> <ol style="list-style-type: none"> 1. Step right foot back – weight to right foot. As Leader lowers his left hand, slide your right hand into his left hand 2. Recover weight to left foot. 3. Step right foot forward past the left foot “AND” Slide left foot forward until toe is between right foot arch and heel 4. Slide right foot forward. <p>The hand motion described above is different from video. The described hand motion allows more flexibility in spacing between partners as both arms can extend if partners are farther apart, or drop lower than the waist if the distance is closer.</p>
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<p>Fourth 4 counts: On the track Both Change direction</p> <p>Leader: Step, half turn pivot, chachacha forward</p> <p>Follower: Step ,half turn pivot, Chacha cha forward</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Step right foot forward landing on ball of foot. Raise left heel so foot is on its ball. 2. Raise Leader's left hand holding Follower's right hand higher than Follower's head; while doing Half turn pivot to the left -weight is on left foot 3. Lower hands to waist height as Step right foot forward past the left foot “AND” Slide left foot forward until toe is between right foot arch and heel 4. Slide right foot forward. <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step left foot forward landing on ball of foot. Raise right heel so foot is on its ball. 2. Half turn pivot to the right underneath raised hands – weight is on right foot 3. Follower's right hand is now trailing behind, connected to Leader's left hand as Step left foot forward past the right foot.
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	<p>“AND” Slide right foot forward until toe is between left foot arch and heel</p> <p>4. Slide left foot forward</p>
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<p>Fifth 4 counts: On the track Follower turns to face Leader and re- establish social frame</p> <p>Leader: Basic left forward, recover, Chachacha in place</p> <p>Follower: Step, half turn pivot, Chachacha in place</p>	<p>Leader foot work:</p> <ol style="list-style-type: none"> 1. Left step forward – weight shifts to left. 2. Recover on right foot. Start re-establishing social frame 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 forward landing on ball of foot. Raise left heel to go up on ball of left foot. 2. Half turn pivot to left to turn to face the partner – weight shifts to left foot. Reestablish social frame 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
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<p>Sixth 4 counts: On the track Basic backwards</p>	<p>Leader 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>Follower 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
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<p>Seventh 4 counts:</p>	<p>Leader foot work:</p>
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<p>Across the track and return</p> <p>“Check” to Leader’s right and return to track</p> <p>Still in social frame</p>	<ol style="list-style-type: none"> 1. Step left foot crossing in front of right foot past the right foot, with toe pointed out. This twists the leader’s body to the right one quarter. Let your right foot turn a little on its ball. 2. Recover weight to the right foot 3. Face front again by quarter turn stepping left foot next to right foot to return to the track on the track “And” step right foot in place making sure it is facing along the track again 4. Step left foot in place. <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step right foot crossing behind left foot past the left foot, with heel pointing out. This twists the follower’s body to stay aligned with Leader’s body in frame. Let left foot turn a little on its ball. 2. Recover weight to the left foot. 3. Face partner by quarter turn stepping right foot next to left to return to the track “And” Step left foot next to right making sure it is facing the track again 4. Step right in place
<p>Eighth 4 counts: Across the track</p> <p>“Check” to Leader’s left and return</p>	<p>Leader’s foot work</p> <ol style="list-style-type: none"> 1. Step right foot crossing in front of left foot past the left foot, with toe pointed out. This twists the leader’s body to the left one quarter. Let your left foot turn a little on its ball. 2. Recover weight to the left foot 3. Face front again by quarter turn stepping right foot next to left foot to return to the track on the track “And” step left foot in place making sure it is facing along the track again 4. Step right foot in place. <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step left foot crossing behind right foot past the right foot, with heel pointing out. This twists the follower’s body to stay aligned with Leader’s body in frame. Let right foot turn a little on its ball. 2. Recover weight to the right foot. 3. Face partner by quarter turn stepping left foot next to right to return to the track

	<p>“And” Step right foot next to left making sure it is facing the track again</p> <p>4. Step left in place</p>
<p>Ninth 4 counts: Across the track</p> <p>New Yorker to Leader's right and return</p> <p>Follower's movements mirror Leaders movement</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Step left foot crossing in front of right foot out past the right foot making a quarter turn to the right. Let the right foot swivel for the quarter turn. This turns body to face away from the track. Hands : Release social frame and extend leader's right hand out to the side. Leader's left hand will be holding the Followers right hand as the hands extend out over the leader's left foot between the partner's bodies. 2. Recover on right foot. 3. Step left foot back to its original position on the track by doing a quarter turn to the left. Hands: Start re-establishing a social frame “And” Step right foot next to left foot on the track. 4. Step left foot in place on the track. Partners should be in social frame for hands. <p>Follower's foot work</p> <ol style="list-style-type: none"> 1. Step right foot crossing in front of left foot past the left foot making a quarter turn to the left. Let the left foot swivel for the quarter turn. This turns the body to be side by side with the Leader and places the Follower's right foot next to the Leader's left foot Hands: Release social frame. Extend left hand out to side (mirroring Leader). Allow right hand to follow the leader's left as he moves them out over the feet. 2. Recover on left foot. 3. Step right foot back to its original position on the track by doing a quarter turn to the right. Hands: start to re-establish social frame “And” Step left foot next to right foot on the track. 4. Step right foot in place on the track. Partners should in in social frame for hands.
<p>Tenth 4 counts: Across the track</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Step right foot crossing in front of left foot past the left foot making a quarter turn to the left. Let the left foot swivel for the quarter turn. This turns body to face away from the track.

<p>New Yorker to Leader's left and return</p> <p>Follower's movements mirror Leaders movement</p>	<p>Hands: Release social frame. Extend left hand out to side. Leader's right hand will be holding the Followers left hand as the hands extend out over the leader's right foot between the partner's bodies.</p> <ol style="list-style-type: none"> 2. Recover on left foot. 3. Step right foot back to its original position on the track by doing a quarter turn to the right. Hands: start to re-establish social frame "And" Step left foot next to right foot on the track. 4. Step right foot in place on the track. Partners should in social frame for hands. <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step left foot crossing in front of right foot out past the right foot making a quarter turn to the right. Let the right foot swivel for the quarter turn. This turns body to face away from the track. Hands : Release social frame and extend follower's right hand out to the side. Leader's right hand will be holding the Followers left hand as the hands extend out over the leader's right foot between the partner's bodies. 2. Recover on right foot. 3. Step left foot back to its original position on the track by doing a quarter turn to the left. Hands: Start re-establishing a social frame "And" Step right foot next to left foot on the track. 4. Step left foot in place on the track. Partners should be in social frame for hands.
<p>Eleventh 4 counts Across track Leader turns clockwise</p> <p>The turn is a series of ¼, ½ , and ¼ turns</p> <p>Follower mirrors the Leader's movement</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Step left foot crossing in front of right foot out past the right foot making a quarter turn to the right. Let the right foot swivel for the quarter turn. This turns body to face away from the track. End with weight on balls of feet Hands : Release social frame and extend leader's right hand out to the side. Leader's left hand will be holding the Followers right hand as the hands extend out over the leader's left foot between the partner's bodies. 2. Half turn pivot to the right. As Leader starts the pivot turn, release and push the Follower's hands giving them momentum to do their own half pivot turn.

	<ol style="list-style-type: none"> 3. Step left foot back in its original position to complete the full turn. Start to re-establish social frame. “And” step right foot next to left foot. 4. Step left foot in place. Partners should be in social frame. <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step right foot crossing in front of left foot out past the left foot making a quarter turn to the left. Let the left foot swivel for the quarter turn. This turns body to face away from the track. End with weight on balls of feet Hands : Release social frame and extend left hand out to the side. Leader’s left hand will be holding the Followers right hand as the hands extend out over the leader’s left foot between the partner’s bodies. 2. Half turn pivot to the left. As Leader starts the pivot turn, he pushes the Follower’s hands giving them momentum to do their own half pivot turn. 3. Step right foot back in its original position to complete the full turn. Start to re-establish social frame. “And” step left foot next to left foot. 4. Step right foot in place. Partners should be in social frame
<p>Twelfth 4 counts: Across track</p> <p>Leader turns counter clockwise</p> <p>The turn is a series of ¼, ½ , and ¼ turns</p> <p>Followers mirror the Leader’s movement</p>	<p>Leader foot work</p> <ol style="list-style-type: none"> 1. Step right foot crossing in front of left foot out past the left foot making a quarter turn to the left. Let the left foot swivel for the quarter turn. This turns body to face away from the track. End with weight on balls of feet Hands : Release social frame and extend left hand out to the side. Leader’s right hand will be holding the Followers left hand as the hands extend out over the leader’s right foot between the partner’s bodies. 2. Half turn pivot to the left. As Leader starts the pivot turn, he pushes the Follower’s hands giving them momentum to do their own half pivot turn. 3. Step right foot back in its original position to complete the full turn. Start to re-establish social frame. “And” step left foot next to left foot. 4. Step right foot in place. Partners should be in social frame <p>Follower foot work</p> <ol style="list-style-type: none"> 1. Step left foot crossing in front of right foot out past the right foot making a quarter turn to the right. Let the right

	<p>foot swivel for the quarter turn. This turns body to face away from the track. End with weight on balls of feet Hands : Release social frame and extend right hand out to the side. Leader’s right hand will be holding the Followers left hand as the hands extend out over the leader’s right foot between the partner’s bodies.</p> <ol style="list-style-type: none"> 2. Half turn pivot to the right. As Leader starts the pivot turn, release and push the Follower’s hands giving them momentum to do their own half pivot turn. 3. Step left foot back in its original position to complete the full turn. Start to re-establish social frame. “And” step right foot next to left foot. 4. Step left foot in place. Partners should be in social frame
<p>Dance pattern repeats from start:</p> <p>On the track</p> <p>Basic Leader forward Recover Chachacha in place</p> <p>Basic Follower backwards Recover Chachacha in place</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