



Cha Cha is a fun and sexy latin style, with fast movements and exaggerated sharp pauses. Its beat lends itself to both ballroom music as well as many popular tunes.

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Cha Cha shares many of its basic techniques with the Rumba, for example the swaying of the hips while keeping the upper torso level and finishing steps on straight legs. The major differences are that it is typically danced to faster music and instead of a pause it uses the distinctive "Cha Cha Cha" or "chasse" in the side to side steps.

The Cha Cha uses 4/4 timing at around 120 beats per minute, with movement starting on the 2nd beat in each bar (the first beat is the 'accent', i.e. a very brief pause to hold the pose) e.g. 1 (accent) 2 3 4-and-1 (cha-cha-cha/accent) 2 3 4-and-1 (cha-cha-cha/accent) 2 3 4, etc.

Beginner Routine

Basic Step:

- (1) Side step to right to begin (hold pose);
- (2) Left foot forward;
- (3) Replace weight (back) on Right foot;
- (4) Left foot to side;
- (and) Right foot closes together (change weight to Right foot);
- (1) Left foot to side (hold pose);
- (2) Right foot backward;
- (3) Replace weight (forward) on Left foot;
- (4) Right foot to side;
- (and) Left foot closes together (change weight to Left foot);
- (1) Right foot to side (hold pose);

New Yorker:

- (1) Side step to right to begin (hold pose);
- (2) Left foot crosses in front of Right foot, straightening to the right (face right);



- (3) Replace weight (left) on Right foot (face right);
- (4) Left foot to side (face front);
(and) Right foot closes together (change weight to Right foot);
- (1) Left foot to side (hold pose);
- (2) Right foot crosses in front of Left foot, straightening to the left (face left);
- (3) Replace weight (right) on Left foot (face left);
- (4) Right foot to side (face front);
(and) Left foot closes together (change weight to Left foot);
- (1) Right foot to side (hold pose);

Spot Turns to Right then Left:

- (1) Side step to right to begin (hold pose);
- (2) Left foot crosses in front of Right foot, straightening to the right (face right);
- (3) Twist clockwise on balls of both feet (face left);
- (4) Left foot to side (face front);
(and) Right foot closes together (change weight to Right foot);
- (1) Left foot to side (hold pose);
- (2) Right foot crosses in front of Left foot, straightening to the left (face left);
- (3) Twist anti-clockwise on balls of both feet (face right);
- (4) Right foot to side (face front);
(and) Left foot closes together (change weight to Left foot);
- (1) Right foot to side (hold pose);

Some Intermediate Steps

- Underhand spins to the left
- Hand-to-hand
- Peek-a-Boo
- Fan and Hockey Stick
- Link
- ChaCha walks