Chattanooga Cha Cha

DANCE BY: Dwain & Judy Sechrist, 2148 E. Bighorn Mtn. Dr., Oro Valley, Az. 85737
(520) 825-6672 e-mail DJRnds312@aol.com

RECORD: STAR-133B Chattanooga Cho Cho flip of “All That Jazz”
(contact choreographer or Palomino Records)

FOOTWORK: Lady opposite (except as noted)

RHYTHM: Cha Cha

PHASE: V

SPEED: 43-44

SEQUENCE: Intro, A, B, A, B

INTRO

1 - 4 WAIT; W CUBAN BRK & PT; SOLO CHASE TRN; BK/REC, FWD - ;
1 1&2-- Wait 1 meas. LOP [low hnd hld] fcg WL both w/L ft M’s R (W’s L) palm twd WL ;
2 2 & 3 Solo Chase Turn Both fwd L trng RF extnd L arm twd WL, rec R trng RF, bk chassé lock L/R, L [both again fcg WL];
3 4 Back break/recover, forward & hold] Bk R, rec R, fvd R, extnd arms down and out from
sides palms down “umpires safe signal” & hold, -;

A SEQ

1 – 4 BSKT BALL TRN; PROG PTS & SHIMMY ; ; BASIC to LOD (Lady trn in 4) ;
1 1234 Basketball Turn Fwd L trng RF, rec R trng RF, fvd L trng RF, rec R trng RF to fc WL;
2-3 1234 Progressive Point Steps & Shimmy Fwd & acrs L, pt R to sd, fvd & acrs R, pt L to sd;
123&4 fwd & acrs L, pt R & hld, tuck elbows at hips and on counts 3&4 shoulder shimmy ; [At the same time pt R ft to sd also drop R shldr to pt R index finger acrs frnt of bdy at L ft . . . when pt L ft to sd also drop L shldr to pt L index finger acrs frnt of bdy at R ft]
4 123&4 Back Basic w/turn (Break back, recover, roll 2) Bk R, rec L trng LF, fvd chassé lk R/L,
(1234) R to fc LOD to hndshk (Bk R, rec L trng LF, cont trn R, L to fc ptrn & RLOD) ;

5 – 8 OPN HIP TWIST; FAN THREE CHAS w/Hnd Chgs ; ; FWD/REC, BK - ;
5 123&4 Open Hip Twist Fwd L, rec R, bk chassé lk L/R, L leading Hip Twist (Bk R, rec L, fwd chassé lk R/L, R tuck L knee to R as swvl RF bdy fcg DLC hips trn more);
6-7 123&4 Fan to Three Chas Bk R ld W fwd, rec L, w/R sd lead & R palm-R palm chassé lk LOD
1&23&4 R/L, R; w/L sd lead L palm-L palm chassé lk LOD L/R, L, w/R sd lead & R palm-R
palm R/L, R (Fwd L, fvd R trng LF, w/L sd lead bk chassé lk L/R, L; w/R sd lead bk chassé lk R/L, R, w/L sd lead bk chassé lk L/R, L) ;
8 1&2-- Fwd break/rec, bk & hold] Fwd L hnds to chest /rec R, bk L, (Bk R hnds to chest / rec L, fvd R,) [on hold counts both qkly push arms down and out from sides “umpires safe signal”]

9 – 12 CHASE ; ; QK CUCARACHAS; SPOT TRN to FAN ;
9-10 123&4 Chase - She Trn ] Bk R, rec L, fvd chassé lk R/L, R (Fwd L trng RF, rec R trng RF, bk
1 123&4 chassé lk R/L, L); (Cont Chase - He Trn ] Fwd L trng RF, rec R trng RF, bk chassé lk L/R,
L (Bk R, rec L, fvd R chassé lk R/L, R) ;
);
11 1&23&4 Quick Cucarachas Sd R pressure step/rec L, cl R, sd L pressure step/rec R, cl L (Sd L/rec
R, cl L, sd R/rec L, cl R) ;
12 123&4 Spot Turn to Fan End Fwd & acrs R trng LF, cont trn rec L, ck fwd R trng W jn ld hnds/
rec L trng RF, sd R fcg WL (Fwd & acrs L trng RF, cont RF trn rec R, bk chassé lock L/R, L
end in FAN pos fcg RLOD) ;

13 – 16 HOCKY STICK ; ; BASIC to NATRL TOP ; ;
13 123&4 Hockey Stick Fwd L, rec R, sd chassé L/R, L (Cl R, fvd L, fvd chassé lk R/L, R);
14 123&4 cont. to LOP fcg Bk R raise jnd hnds to lead W’s LF trn, rec L trng 1/8 RF, fvd chassé
DRW R/L, R (Fwd L trng 1/8 LF, fvd R trng 1/2 LF, fcg DLC bk chassé L/R, L);
15 123&4  **Basic to** Fwd L, rec R, sd chassé L/R,L trng RF blnd to CP;  
16 123&4  **Natural Top** XRIB trng RF, sd L trng RF, XRIB trng RF/sd L trng RF, cl R end CP fcg WL (Sd L trng RF, XRIF, sd L/XRIF, sd L) ;

**B SEQ**

1 – 4  **SD WALK ; FAN to THREE CHAS w/dbl hnd hld ; ; OPN HIP TWST (LOD) ;**  
1 123&4  **(Side Walk)** In loose CP Sd L, cl R, sd chassé L/R, L (Sd R, cl L, sd chassé R/L, R) ;  
2-3 123&4  **(Fan to Three Chas)** Bk R lead W to stp fwd, rec L trng LF, blnd dbl hnd hld as fwd 1&23&4 chassé lk LOD R/L,R; L/R, L, R/L, R to hndshk (Fwd L btw M’s feet, bk R trng LF, bk chassé lk L/R, L; R/L, R, L/R, L) ;  
4 123&4  **(Open Hip Twist)** Hndshk Fwd L, rec R, bk chassé lk L/R, L leading Hip Twist (Bk R, rec L, fwd chassé lk R/L, R, tuck L knee to R as swvl RF bdy fcg DLC hips trn more);  

5 – 8  **AIDA ; SWITCH LOCK ; LUNGE (BFLY), REC, RONDE CHA ; NEW YORK ;**  
5 123&4  **(Aida)** Fwd R trng RF, bk L cont trn, bk chassé lk R/L, R to Aida fcg RLOD (Fwd L trng LF, bk R cont trn, bk chassé lk L/R, L to Aida fcg RLOD) ;  
6 1&23&4 **(Switch w/flick & Chassé Lock)** Sd L to fc ptnr, rec R trng RF/flick L ft bk, chassé lock RLOD fwd Llk R, fwd L (Sd R, rec L/flick R ft bk, chassé lock R/L, R) ;  
7 123&4  **(Lunge Side, rec, Ronde Cha)** Ck sd R trng 1/4 LF to BFLY, rec L as Ronde R CW, XRIB of L/sd L, sd R sml stp (Ck sd L trng 1/4 RF, rec R as Ronde L CCW, XLIB of R/sd R, sd L sml stp) ;  
8 123&4  **(New York)** Swivel on R to ck thru L twd RLOD, rec R, sd chassé L/R, L retain but lower lead hnd hld (Swivel on L to ck thru R trng RLOD, rec L, sd chassé R/L, R) ;  

9 – 12  **NEW YORK CATCH & Lady SPIN ; BASIC to ALEMANA & ROPE SPIN ; ; ;**  
9 123&4  **(Ckd New York w/shoulder catch & W’s Free Spin)** Raise jnd hnds to lead Swivel on L to ck thru R twd LOD leading W to trn RF catch W’s L shoulder w/R hnd as rel jnd ld hnds, rec L retract R hnd lead W to spin LF, sd chassé R/L, R fcg DRW (Swivel on R to ck thru L as M ck’s trn by catching L shldr, rec R trng LF, spin LF full trn L/R, L) ;  
10 123&4  **(Basic)** Jn ld hnds as Fwd L, rec R, compact chassé L/R, L raise ld hnds ;  
11 123&4  **(Alemana w/Spiral end)** Bk R lead W’s RF trn, rec L, chassé R/L, R stretch L sd to lead extra RF trn for W’s Spiral (Fwd L trng RF, fwd R trng RF, chassé lk L/R, L then Spiral RF) ;  
12 123&4  **(Rope Spin)** Sd L, rec R, inplc chassé L/R, L (RF crcl w1k fwd R, fwd L, fwd R/L, R), - ;  

13 – 16  **(cont Rope Spin) ; REV UNDR ARM ; X BDY (FC WL) ; KNEE POPS (M in 4) ;**  
13 123&4  **(cont Rope Spin)** Sd R, rec L, inplc cha R/L, R (RF crcl w1k fwd L, fwd R, sd L/cl R, sd L) ;  
14 123&4  **(Reverse Underarm Turn to SCAR)** XLIF to leading W’s LF trn, rec R, sd chassé L/R, sd & bk L (XRIF trng LF, rec L cont trn, sd chassé R/L, R) ; [Blend to Paso Doble type hold as dance the sd chassé with slight RF turn]  
15 123&4  **(Cross Body to face WL)** Bk R trng bdv LF lead W to stp fwd, rec L, sd chassé R/L, R fcg WL (Fwd L twd M’s L sd, fwd & R trng LF, cont LF trn to sd chassé L/R, L fcg WL) ; [Release hnd hld now about 2 –3 foot apart both fcg WL, both tuck elbows into sides]  
16 1234  **(Knee Pops M Trans)** Flex R knee, flex L knee, flex R knee, flex L knee [left foot free]  
(123&4) (Flex L knee, flex R knee, flex L/flex R, flex L [left foot free]); [Use accentuated knee and hip action, as knee flexes the other leg straightens – on count 4 extend R hand fwd with palm toward wall]

(Repeat) A SEQ & B SEQ