Do the cha cha swing

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Music: Alex swings Oscar sings Title: Do the cha cha cha
CD: Heart 4 sale or as Download

Rhythm/Phase: Single swing Ph: IV+1 (stop & go)

Sequence: Intro-A-B-A-B-C-B-D-C-B-END

Difficulty: Average

Version: 1.1 (update of phase), July 2012

Intro

1-4 WAIT;; STRUT TOGETHER 4;;
(Wait; Wait;) ld ft free for both – M FCG ptr & WALL ld ft free 8 Feet apart;;
(Strut Tog 4) Take each step in front of other foot L, -, R, -; L, - R to LOP-FCG WALL, -;

Part A

1-3 BASIC ROCK;; FALLAWAY THROWAWAY;;
(Basic Rk) Rk apt L, rec R, sd L, -; sd R, -;
(Fallaway throwaway) Blend to SCP rk bk L, rec R to fc; sd & trn ¼ LF L, -, sd R
(W blend to SCP rk bk R, rec L start LF trn; fwd R complete ½ LF trn, -, bk & sd) to LOP-FCG LOD, -;

4-8 CHANGE PLACES LEFT TO RIGHT;; SHOULDER SHOVE;; STOP & GO;;
(Chg pl L to R) Rk apt L, rec R raise jnd ld hnds, trn L ¼ RF (W fwd R spin ½ LF under jnd hnds), -;
 sd R to LOP WALL, -;
(Shldr shove) Rk apt L, rec R; trn 1/4 to fc RLOD sd L tdw ptr w/ slight lwrg bring ld shldrs tog, - , Push apt sd & bk R to LOP WALL, -;
(Stop & go) rk apt L, rec R, fwd L (W fwd R trn ½ LF undr jnd ld hnds R to end on M's R side), -; catch W w/ R hnd on W's L shldr blade rk fwd R, rec L, bk R (W rk bk L raise L hnd straight up, rec R, fwd L trn ½ RF under jnd ld hnds) to LOP-FCG WALL;

9-11 CHANGE PLACES RIGHT TO LEFT;; SHOULDER SHOVE;;
(Chg pl R to L) Blend to SCP rk bk L, rec R to fc, trn ¼ LF L lead W to trn RF undr jnd ld hnds, -;
 sd R to LOP-FCG LOD (W rk bk R, rec L, fwd & sd R start to step in frt of M, -; spin 5/8 RF under jnd ld hnds on ball of R ft & step bk L) to LOP-FCG LOD, -;
(Shldr shove) Rk apt L, rec R; trn 1/4 to fc WALL sd L tdw ptr w/ slight lwrg bring ld shldrs tog, - , Push apt sd & bk R to LOP LOD, -;

12-16 STOP & GO;; CHANGE PLACES LEFT TO RIGHT;; LINK ROCK;;
(Stop & go) rk apt L, rec R, fwd L (W fwd R trn ½ LF undr jnd ld hnds R to end on M's R side), -; catch W w/ R hnd on W's L shldr blade rk fwd R, rec L, bk R (W rk bk L raise L hnd straight up, rec R, fwd L trn ½ RF under jnd ld hnds) to LOP-FCG LOD;;
(Chg pl L to R) Rk apt L, rec R raise jnd ld hnds, trn L ¼ RF (W fwd R spin ½ LF under jnd ld hnds), -; sd R to LOP-FCG WALL, -;
(Link rk) Rk apt L, rec R; fwd L to cl, -, sd R to HNDSHK, -;

Part B

1-4 SINGLE WHEEL 3;; CHANGE HANDS BEHIND BACK;;
(Single wheel 3) Rk apt L, rec R, begin RF wheel sd L trn in tdw ptrn & tch W's bk w/ L hnd (W sd L trn LF away from ptr), -; cont RF wheel trn away from ptr sd R (W trn in tdw ptrn sd L & tch M's bk w/ L hnd), -; cont RF wheel trn in tdw ptrn sd L & tch W's bk w/ L hnd (W trn away frm ptr sd R), -; sd R lead W to spin RF on L to LOP-FCG COH, -;
(Change hnds beh bk) rk apt L, rec R; fwd L, trn ¼ LF & chg W's hnd to own R hnd bhd bk, -;
 sd & bk R chg W's hnd to own L hnd bhd bk (W fwa trn ¼ RF sa L trn ¼ RF) to LOP-FCG WALL, -;

5-8 LINK ROCK;; START PRETZEL TURN;; SLOW RK FORWARD RECOVER TO BK-TO-BK;
(Link rk) Rk apt L, rec R, fwd L to cl; -, sd R, -;
[start pretzel trn] Blend to SCP rk bk L, rec R to fc; keep ld hnds jnd sd L trn ½ RF to BK-TO-BK, -;
 sd & fwd R tdw LOD, -;
[slow RK fwa rec to bk to bk] X rk L, -, rec R to bk to bk, -;

9-12 SKATE LEFT AND RIGHT; SIDE TWOSTEP; SKATE RIGHT AND LEFT; SIDE TWOSTEP;
(Skate L & R) Swvl LF on R fwd L/draw R, -, swvl RF on L fwd R/draw L, -;
(Side 2step) Sd L, cl R, sd L, -;
(Skate R & L) Swvl RF on L fwd R/draw L, -, swvl LF on R fwd L/draw R, -;
(Side 2step) Sd R, cl L, sd R, -;
14-16 SLOW FWD RECOVER TO UNWRAP THE PRETZEL; DOUBLE RK; INTO LINK RK:

{slow Fwrd rec to unwrap the pretzel} X rk L, -, rec R, -; sd L trn ½ LF to fc, -, sd R to BFLY WALL, -;
{double rk} Rk apt L, rec R, rk apt L, rec R;
{into link rk} Fwd L to cl, -, sd R to CP, -;

Part A

Part B

Part C

1-3 RIGHT TURNING FALLAWAY; TWICE;

{R trng fallaway} Blend to SCP rk bk L, rec R to fc; sd & fwd L trn ¼ RF, -; cont RF trn sd R to CP COH, -.
{R trng fallaway} Blend to SCP rk bk L, rec R to fc, sd & fwd L trn ¼ RF, -; cont RF trn sd R to CP WALL, -;

Part D

1-4 ROCK RECOVER, SWIVEL WALK 2; THROWAWAY; AMERICAN SPIN;

{Rock recover swiv wk 2} Blend to SCP rk bk L, rec R, wk fwd L, -; wk fwd R, -;
{Throwaway} sd & fwd L, -; sd & fwd R (W fwd R complete ½ LF trn, -; bk L) to LOP-FCG LOD, -;
{American spin} Rk apt L, rec R; sd L (W spin RF on R), -;

Part A

Part B

Part C

Part D

5-7 AMERICAN SPIN MAN SPIN; CHANGE LEFT TO RIGHT;

{American spin M spin} Rk apt L, rec R, sd L spin LF (W sd R), -; sd R, -;
{Chg pl L to R} Rk apt L, rec R raise jnd ld hnds; trn RF L ¼ (W fwd R spin ¾ LF under jnd hnds), -; sd R to LOP WALL, -;

8-10 AMERICAN SPIN; AMERICAN SPIN MAN SPIN;

{American spin} Rk apt L, rec R, fwd L (W spin RF on R), -; sd R, -;
{American spin M spin} Rk apt L, rec R, -; fwd L spin LF (W fwd R), -; sd R, -;

Part A

Part B

Part C

Part D

11-13 LINK ROCK; RIGHT TURNING FALLAWAY;

{Link rk} Rk apt L, rec R, fwd L to CP, -; sd R to CP WALL, -;
{R trng fallaway} Blend to SCP rk bk L, rec R to fc; sd & fwd L trn ¼ RF, -; cont RF trn sd R to CP COH, -;

Part A

Part B

Part C

Part D

14-16 TWICE; FALLAWAY ROCK;

{R trng fallaway} Blend to SCP rk bk L, rec R to fc, sd & fwd L trn ¼ RF, -; cont RF trn sd R to CP WALL, -;
{Fallaway rk} Blend to SCP rk bk L, rec R to fc; sd L, -, sd R to LOP WALL, -;

Part A

Part B

Part C

Part D

End

1-4 AMERICAN SPIN; BOTH SPIN; ROCK APART RECOVER WITH BUMP;

{American spin} Rk apt L, rec R, fwd L (W spin RF on R), -; sd R, -;
{Both spin} Rk apt L, rec R; fwd L spin LF (W RF), -; sd R, -;
{Rk apt rec w/ bump} Rk apt L, rec R, trn ¼ to both fc RLOD bring lead hips and shlds together, -;