Everybody Loves To Cha Cha Cha

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MUSIC: Everybody Loves To Cha Cha Cha by Sam Cooke (The Best of Sam Cooke)
RHYTHM: Cha Cha
TIME @ BPM:

RHYTHM: Cha Cha
PHASE (+): IV + 2 (Open Hip Twist, Single Cuban Breaks)

FOOTWORK: Opposite unless indicated [Woman's footwork in Italics]

SEQUENCE: Introduction A (2-8) B A B A B C B A C (mod) (1-6) Ending

Introduction

1 Wait;

Wait for one measure in Open Facing no hands, Man facing WALL with Man's R and Woman's L foot free; Dance commences with measure TWO of part A.

Part A

1-8 Chase (Man Full Turn) with Triple Cha; ; Chase (Woman Turn Full) with Triple Cha; ; Quick New Yorker; Quick Cucarachas; Side Break / Freeze; Single Cubans;

- [Chase (Full Turn) 123&4)] Rock forward L turning 1/2 RF to face COH, recover forward R continue RF turn 1/4, side L continue RF turn / R XIF continue RF turn, side and back L to face WALL and partner;
 - [W: Rock back R, recover L, forward R / lock Lib, forward R;]
- 2 [Triple Cha (1&2 3&4)] Back R / lock Lif, back R, back L / lock Rif, back L; [W: Forward L / lock Rib, forward L, forward R / lock Lib, forward R;]
- [Chase (Full Turn) 123&4)] Rock back R, recover L, forward R / lock Lib, forward R; [W: Rock forward L turning 1/2 RF to face WALL, recover forward R continue RF turn 1/4, side L continue RF turn / R XIF continue RF turn, side and back L to face COH and partner;;]
- 4 [Triple Cha (1&2 3&4)] Forward L / lock Rib, forward L, forward R / lock Lib, forward R to end in Open Facing no hands joined;

 [W: Back R / lock Lif, back R, back L / lock Rif, back L;]
- [Quick New Yorkers (1&23&4)] Joining lead hands turn to face RLOD in OP rock thru L / recover R, turning to face partner and WALL side L and join trailing hands, releasing lead hands turn to face LOD rock thru R / recover L, turning to face partner and WALL side R dropping all hands;
- 6 [Qk Cucaracha (1&2 3&4)] Rock side L / recover R, close L, rock side R / recover L, close R;
- 7 [Side Break Freeze (&1 hold)] Side L / side R, freeze with feet apart and weight between feet;
- 8 [Single Cuban Breaks (1&2 3&4)] Transfering weight to R XLif / recover R, side L, XRif / recover L, side R;
 - [W: Transfering weight to L XRif / recover L, side R, XLif / recover R, side L;]

Part B

1-8 Alemana;; Break Forward and Back; Open Hip Twist; Fan; Hockey Stick; With Breaks; Finish Hockey Stick;

2 [Alemana (123&4 123&4)] Rock forward L, recover R, side L / close R, side L raising joined lead hands; Turning to face DRW rock back R, recover L then turn to face WALL, forward R / lock Lib, forward R in LOP-FCG;

[W: Rock back R, recover L, side R / close L to R, side R; Turn RF to face DLC forward L outside of Man's L side, turn 1/2 RF on ball of left foot forward R toward DRW, continuing RF turn side L toward LOD / lock Rif, back L toward WALL;]

- Break Forward and Back (1234)] Rock forward L, recover R, rock back L, recover R; [W: Rock back R opening right side slightly, recover L, rock forward R bringing right side forward, recover L:]
- 4 [Open Hip Twist (123H)] Rock forward L, recover R, back L / lock Rif, back L; [W: Rock back R, recover L, fwd R / lock Lib, fwd R then swivel RF 1/4 to face LOD;]
- [Fan (123&4)] Rock back R, recover L, side R / close L, side R in Fan Postion facing WALL; [W: Forward L, turning LF step side and back R turning LF 1/4, back L / lock Rif, back L leaving R extended forward with no weight;]
- 6 [Start Hockey Stick (123&4)] Rock forward L, recover R, close L / R, L; [W:Close R, forward L, forward R / lock Lib, forward R;]
- 7 [Breaks (1234)] Rock back R, recover L, rock forward R, recover L; [W: Rock forward L, recover R, rock back L, recover R;]
- 8 [Finish Hockey Stick (123&4)] Rock back R, recover L, forward R / lock Lib, forward R to LOP-FCG DRW
 - [W: Forward L, forward and across R spiral LF 7/8, back L/lock Rif, back L;]

Part C

<u>1-8</u> Full Basic w/ running Cha; ; Forward Basic with Lift; Back Basic with Dip; Spot Turn; New Yorker; Side Break / Freeze; Single Cubans;

- 1-2 [Basic w/ running Cha (123&4 123&4)] Dropping all hands rock forward L, recover R, back L / back R, back L; Rock back R, recover L, forward R / forward L, forward R;
- 3 [Basic w/ Lilt (123&4)] Rock forward L rising strongly, recover R, side L / close R, side L; [W: Rock back R opening R side toward RLOD stretching right side up and raise right arm straight up, recover L, side R / close L, side R;]
- [Back Basic with Dip (123&4)] Rock back R opening R side toward RLOD and dropping into R knee, recover L, side R / close L, side R;

 [W: Rock forward L with left side leading dropping into L knee and roll hips, recover R, side L / close R, side L;]
- [Spot Turn (123&4)] Turning RF to face RLOD rock forward L turn RF 1/2, recover R toward LOD, turn 1/4 RF side L toward LOD / close R, side L;
 [W: Turning LF to face RLOD rock forward R turn LF 1/2, recover L toward LOD, turning LF 1/4 side R toward LOD / close L, side R:1
- 6 [New Yorker (123&4)] Joining trailing hands turn to face LOD in OP rock thru R, recover L, side R to face partner and WALL / close L, side R;
- 7-8 Repeat measures 7 and 8 from Part A.
- NOTE The second time through Part C, Measure 5 is New Yorker (join lead hands), measure 6 is Spot Turn.

Ending

1-5 Start Flirt Man in 4 To Varsouvienne; Parallel Chase; ; Walk 2, Forward Cha; Walk 3 and Point.

- Flirt (123&4 123&4)] Rock forward L, recover R, side L, close R ending in Varsouvienne Positionfacing WALL;
 - [W: (123&4 1234) Rock back R, recover L turning LF, continue LF turn side R / close L, side R to Varsouvienne;]
- 2-3 [Parallel Chase (123&4 123&4)] Rock side L, turning RF recover R turning to Left Varsouvienne facing RLOD, forward L / close R, forward L; Turning LF rock side R toward RLOD, continue LF turn recover L toward LOD to Varsouvienne, forward R / close L, forward R;
- 4 [Walk and Cha (123&4)] Forward L, forward R, forward L / close R, forward L;
- 5 [Walk and Point] Walk forward R, L, R and point L forward.

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Wait One measure in Open Facing no hands with Trail Foot Free for Both

Part A

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Back Triple Cha; Woman Full Turn and Triple Cha; ;

Quick New Yorkers; Quick Cucaracha; Side Freeze; Single Cubans;
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Part B

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Alemana;; Break Forward and Back; Hip Twist to Fan;; Start Hockey Stick; Breaks in 4; Finish Hockey Stick;
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Part A and B

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Chase Full Turn and Triple Cha;; Woman Turn and Triple Cha;;
Quick New Yorkers; Quick Cucaracha; Side Freeze; Single Cubans;
Alemana;; Break Forward and Back; Hip Twist to Fan;;
Start Hockey Stick; Breaks in 4; Finish Hockey Stick;
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Part A and B

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Chase Full Turn and Triple Cha;; Woman Turn and Triple Cha;;
Quick New Yorkers; Quick Cucaracha; Side Freeze; Single Cubans;
Alemana;; Break Forward and Back; Hip Twist to Fan;;
Start Hockey Stick; Breaks in 4; Finish Hockey Stick;
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Over to Part C (Full Running Basic)

Part C

Running Basic; ; Forward with Lilt; Back with Dip;

Spot Turn; New Yorker; Side Freeze; Single Cubans;

Part B and A

Alemana;; Break Forward and Back; Hip Twist to Fan;;

Start Hockey Stick; Breaks in 4; Finish Hockey Stick;

Chase Full Turn and Triple Cha;; Woman Turn and Triple Cha;;

Quick New Yorkers; Quick Cucaracha; Side Freeze; Single Cubans;

Part C (Mod)

Running Basic; ; Forward with Lilt; Back with Dip;

New Yorker; Spot Turn;

Ending

Flirt Man in 4; Parallel Chase; ; Walk 2 and Cha; Walk 3, Point.