

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;} Id ft free for both – M FCG ptr & WALL Id ft free 8 Feet apart;;
{Strut Tog 4} Take each step in front of other foot tog 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 L & 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 Id hnds, trn L ¼ RF (W fwd R spin ¾ LF under jnd hnds), -;
sd R to LOP WALL, -,
{Shldr shove} Rk apt L, rec R; trn 1/4 to fc RLOD sd L twd ptr w/ slight lwrgr bring Id 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 Id 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 trng ½ RF under jnd Id 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 Id 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 Id
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 twd ptr w/ slight lwrgr bring Id 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 Id 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 Id hnds) to LOP-FCG LOD;;
{Chg pl L to R} Rk apt L, rec R raise jnd Id hnds, trn L ¼ RF (W fwd R spin ¾ LF
under jnd hnds), -; sd R to LOP-FCG WALL, -,
{Link rk} Rk apt L, rec R; fwd L to cl, -, sd R to HNSHDK, - ;

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 twd ptr & tch W's bk w/ L hnd (W sd R trn
LF away from ptr), -; cont RF wheel trn away from ptr sd R (W trn in twd ptr sd L & tch M's bk w/ L
hnd), -, continue RF wheel trn in twd ptr sd L & tchg 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 trng 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 fwd R trng ¼ RF, sd L trng 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 Id hnds jnd sd L trn ½ RF to BK-TO-BK, -,
sd & fwd R twd LOD, -;
{slow Rk fwd 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 Fwd 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, -;
- 4-6 **FALLAWAY THROWAWAY;; WINDMILL;;**
{Fallaway throwaway} Blend to SCP rk bk L, rec R to fc, sd & fwd L, -; sd & fwd R (W sd & bk L)
to LOP-FCG LOD, -;
{Windmill} Rk apt L, rec R; fwd L start LF trn in BFLY Tilt w/ trl hnds higher than ld hnds, - cont LF trn
sd & bk R level arms to BFLY, -;
- 7-9 **TWICE;; CHANGE PLACES LEFT TO RIGHT;;**
{Windmill} Rk apt L, rec R, fwd L start LF trn in BFLY Tilt w/ trl hnds higher than ld hnds, -; cont LF trn
sd & bk R level arms to BFLY fcg LOD, -,
{Chg pl L to R} Rk apt L, rec R raise jnd ld hnds; trn L ¼ RF (W fwd R spin ¾ LF
under jnd hnds), -, sd R to LOP-FCG WALL, -;
- 10-12 **CHANGE HANDS BEHIND BACK;; TWICE;;**
{Chg hnds beh bk} rk apt L, rec R; fwd L trng 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 fwd R trng ¼ RF, sd L trng ¼ RF) to LOP-FCG COH, -,
{Twice} rk apt L, rec R; fwd L trng 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 fwd R trng ¼ RF, sd L trng ¼ RF) to HND SHK WALL, -;

Part B

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), -; sd R, -;
- 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, -;
- 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, -;
- 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 C

Part B

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, -;