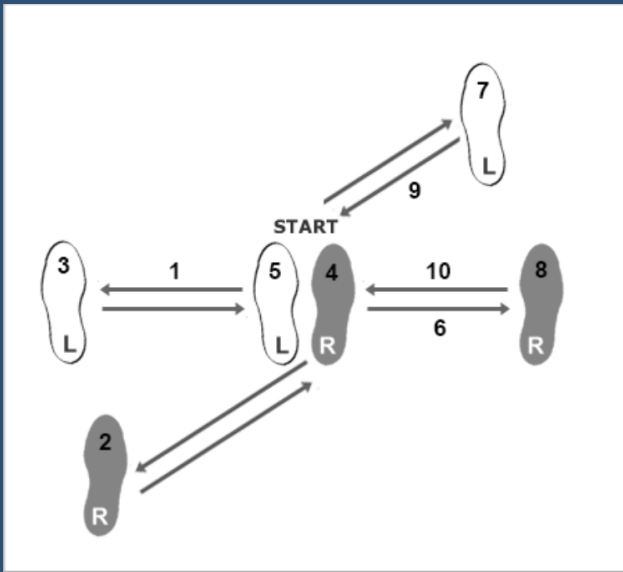


The Basic Dance Steps of the Cha Cha

The basic rhythm is 4/4 timing however for each bar of music there are 2 slow and 3 quick steps, which may be counted as – one, two, cha, cha, cha or step, step, quick step, quick step, quick step. Shift your weight as you take each step.

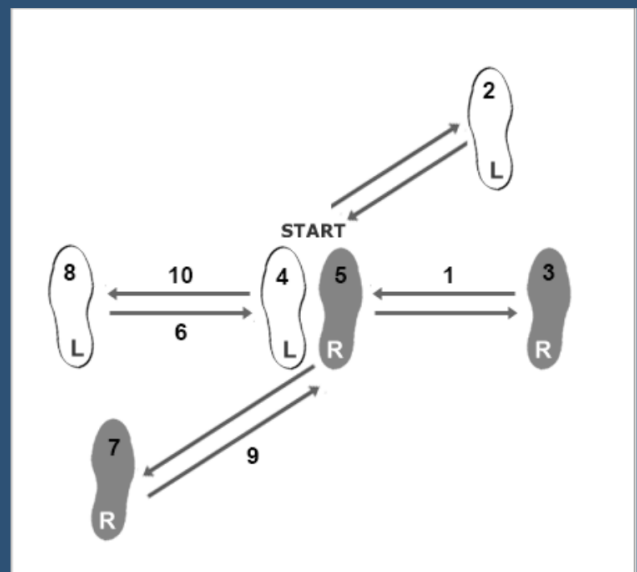
The Gentlemen's Steps



Basic Step

1. Sidestep to the left with your left foot
2. Step backward & left with your right foot
3. Left foot in place, weight shifts to it
4. Sidestep to the right with your right foot
5. Move your left foot to your right foot
6. Sidestep to the right with your right foot
7. Step forward & right with your left foot
8. Right foot in place, weight shifts to it
9. Sidestep to the left with your left foot
10. Move your right foot to your left foot

The Lady's Steps



Basic Step

1. Sidestep to the right with your right foot
2. Step forward & right with your left foot
3. Right foot in place, weight shifts to it
4. Sidestep to the left with your left foot
5. Move your right foot to your left foot
6. Sidestep to the right with your left foot
7. Step backward & left with your right foot
8. Left foot in place, weight shifts to it
9. Sidestep to the right with your right foot
10. Move your left foot to your right foot

Staten Island Ballroom Dancers, Inc.

Email: info@siballroom.org