

A Time to Dance Standard Routines - Spring 2011

Cha Cha

1. New York with Return
2. Continuous Lock Steps into New York with return (lady's hip movement)
3. New York to time steps
4. Basic into Cross-body lead ending in fan position
5. Alemana ending
6. Cuban Breaks (2x)
7. New York, Ronde, foot change
8. ChaCha in place and ball change
9. Back rock (men) into continuous lock steps with lady's spiral
10. Basic into underarm Turn
11. Chase (with styling)
12. Turkish Towel
13. Three cha-chas (to the side)
14. Turning Cuban Breaks (syncopated NYs)
15. Underarm Turn
16. "Natural Top"
17. Natural Opening Out movement
18. Lady's breaks (emphasizing hip action)
19. Hip Twist
20. Run-away hip twist with ronde for lady
21. Free spin for lady
22. Underarm Turn to right