

Hammer Lock Cha Cha

Pre-requisite

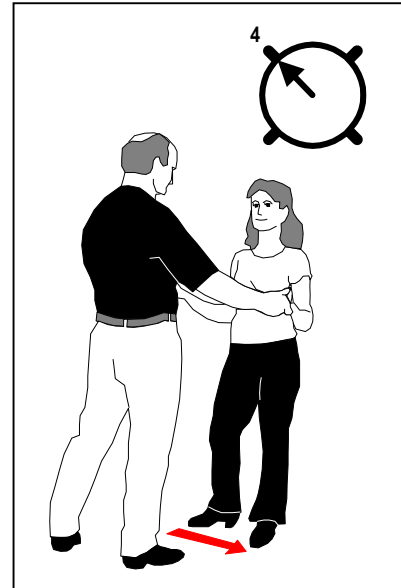
Completed Basic Cha Cha instruction
(This is an advanced pattern)

Introduction

The cha cha hammerlock is a series of basic patterns with some unusual foot placement and one syncopation:

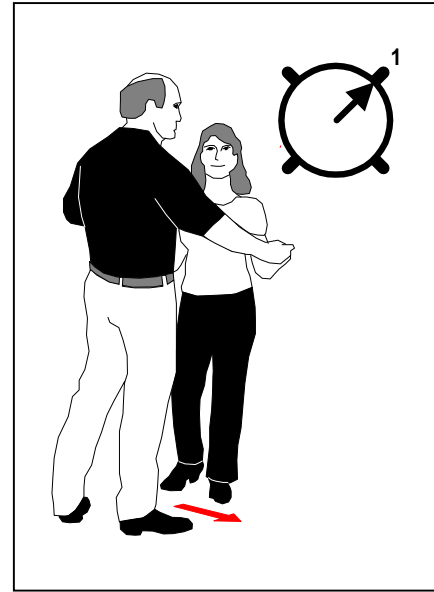
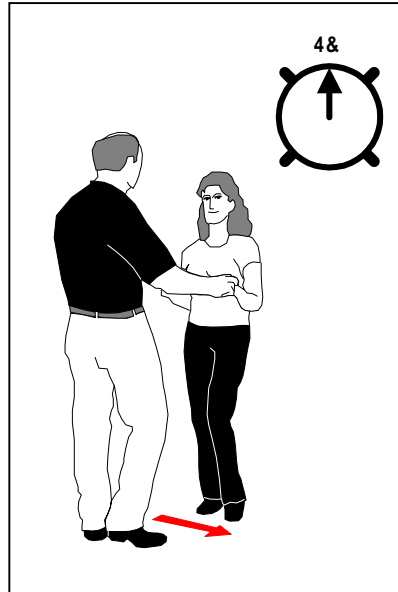
- Two handed cross over break to the right,
- Easy spiral to lady's hammerlock closed,
- Forward break while in hammerlock,
- Double set of cha cha steps to un-spiral the lady, and
- Basic closed.

Basic to Two Handed Cross Over Break



The pattern begins at the end of a break on the gentleman's left. This is an open position, and partners are holding hands.

On the counts of 3 the partners recover from the break, and on the count of 4 they step to the gentleman's right side for the first step of the cha-cha-cha.

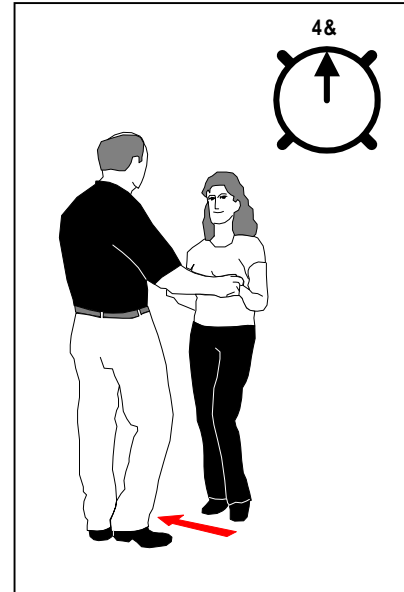
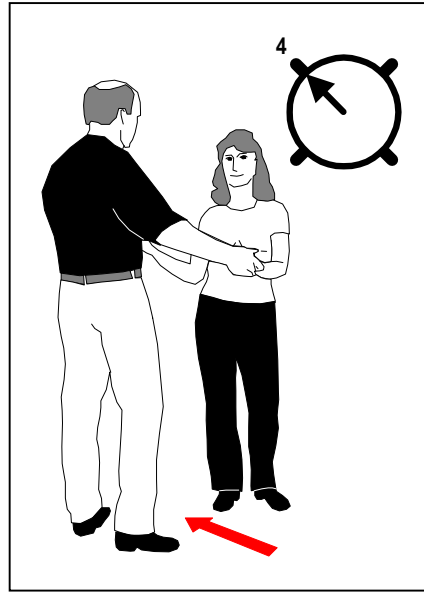


On the counts of 4& 1 the partners complete the steps of the side ways cha-cha-cha. On the count of 1 the gentleman leads the lady's hand out to cause her to match the prep turn of his foot toward the side. Notice that contrary to a normal cross-over break, the gentleman does not release the lady's right hand..

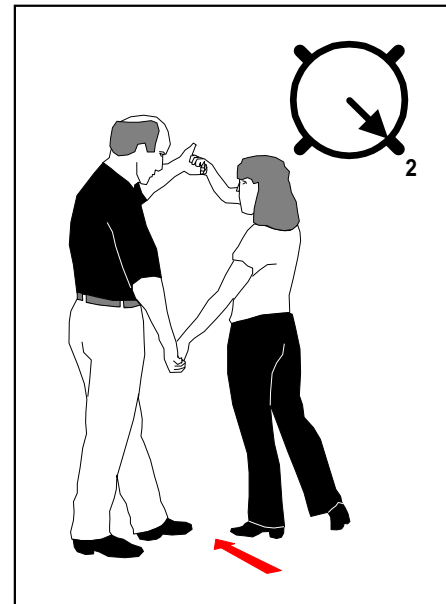


On the counts of 2, 3 the partners complete the cross over break with the hands connected and the gentleman's left hand shooting under. On the recovery step of 3, the gentleman begins to turn the lady to her right.

The Hammerlock

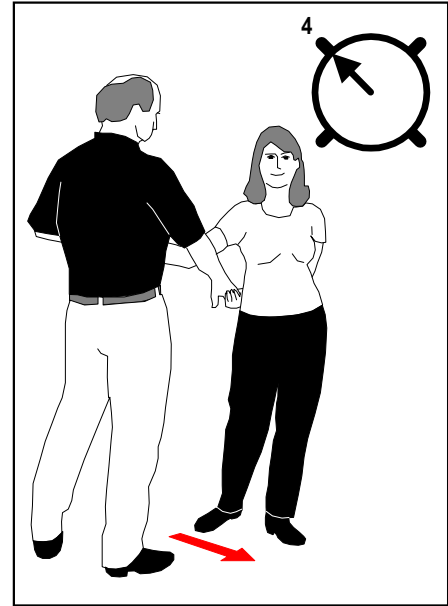
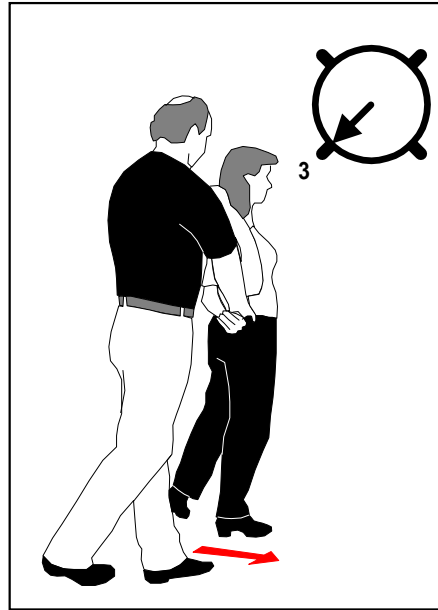


On the counts of 4, 4& he leads the lady to his left in the sideways portion of the cha-cha-cha.



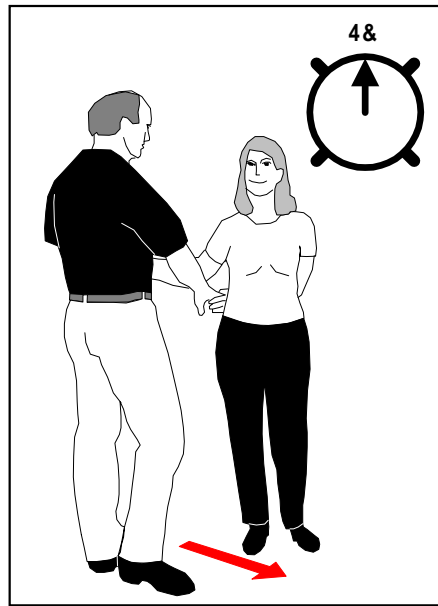
On the count of 1, the gentleman elevates the lady's right hand to indicate she is turning under that hand. At the same time, he lowers her left hand and applies gentle pressure with his thumb on the back of her hand to tell her she should rotate that hand behind her back.

On the count of 2, the gentleman breaks back with his right foot in a manner similar to the backward break.

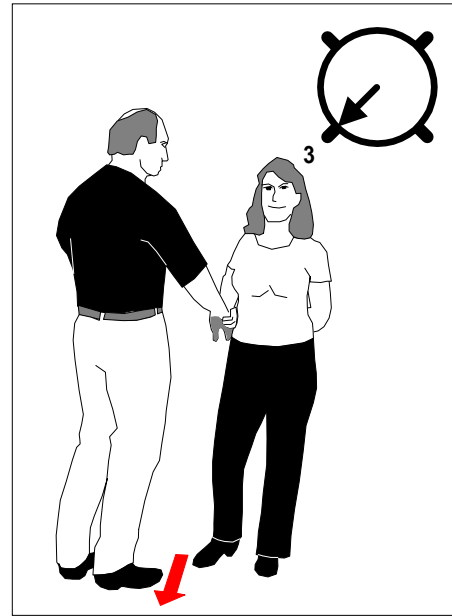
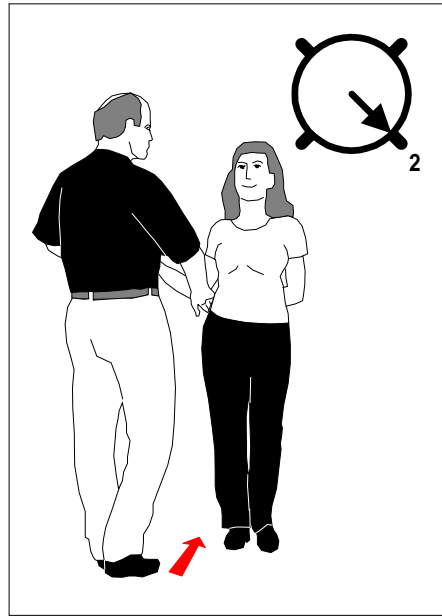


On the count of 3 the gentleman completes the loop over her head and rocks forward. On the count of 4 he turns the lady to complete the hammerlock so they are set up for a sideways cha-cha-cha.

The Hammerlock Break

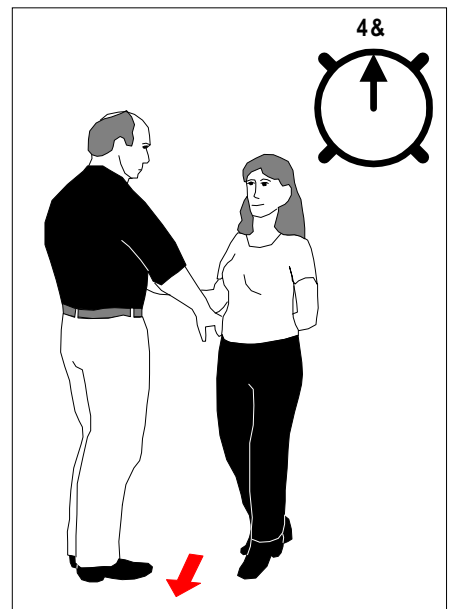
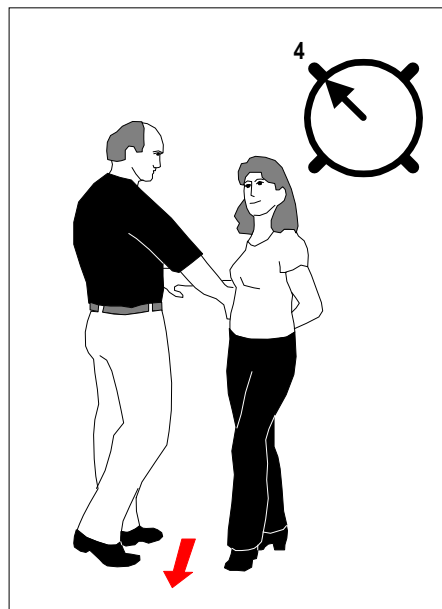


On the counts of 4&, 1 the couple complete a sideways cha-cha in the hammerlock position.

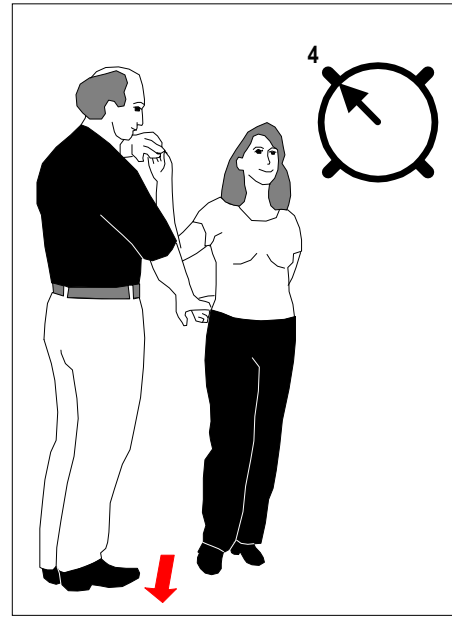
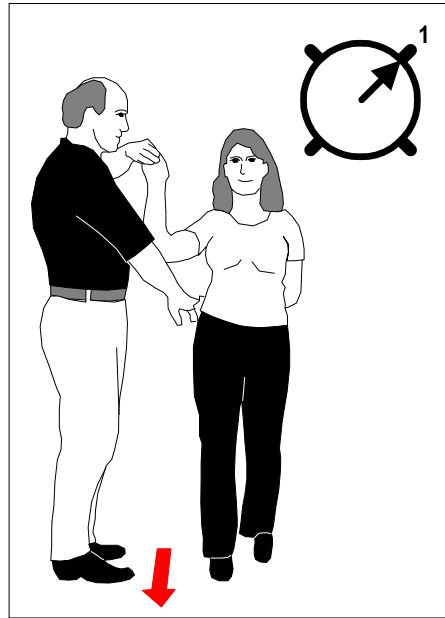


On the counts of 2, 3 the couple completes the hammerlock break.

The Unwind

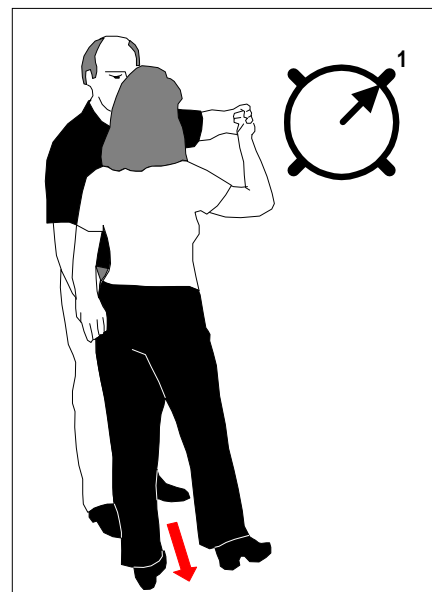
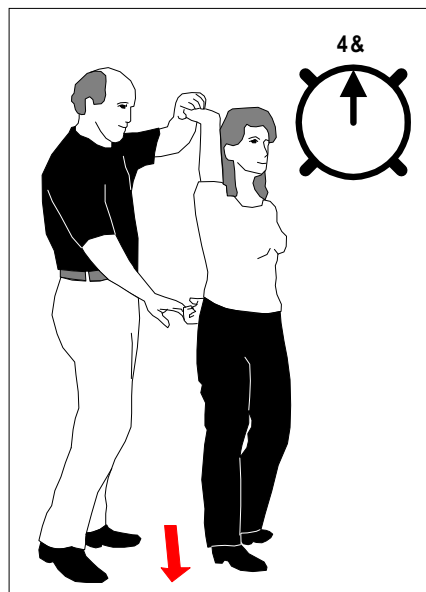


On the counts of 4, 4& the gentleman cha-chas backwards as he leads the lady to cha-cha forward.

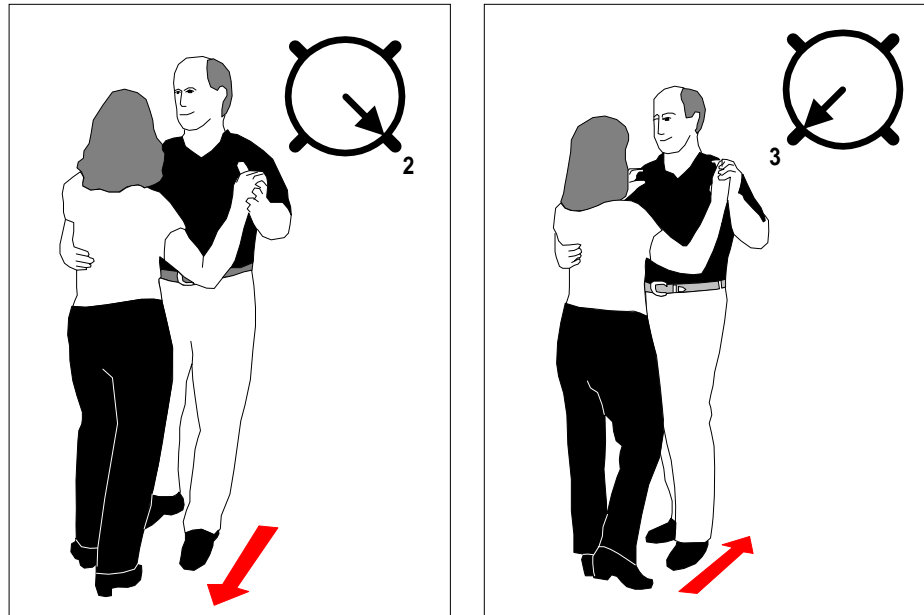


The KEY

This step is the key to the entire pattern. On the count of 1 (the last step of this cha-cha-cha), the gentleman elevates the lady's right hand to indicate she is supposed to turn under it. However, he does NOT take it over her head. He gently compels her forward with hand behind her back to cause her to take another set of cha-cha-cha steps.



To complete a sequential set of cha-cha-cha steps on the 4&, 1 the lady makes a slow turn to her left. The gentleman encourages the turn holding left high and right low.

The Close

The gentleman closes with the lady as he leads her into a normal forward closed break on the right side of the zig-zag line of dance.

Conclusion

The material presented here is not all-inclusive, but only touches the high points. Additional details will have to be taught in conjunction with an instructor present.

This concludes the segment on cha cha hammerlock.