

CHA CHA- LEVEL 1

- 1. BASIC**
- 2. CROSSOVER BREAK (ON 1 ALWAYS FACE EACH OTHER)**
 - A. PIVOT TURNS**
 - B. BACKWARD BREAKS (OPEN/CLOSED)**
 - C. WITH UNDERARM TURN EXIT (MAN ROCKS BACK)**
- 3. OPPOSING BREAKS**
- 4. DIAGONAL BREAKS**
- 5. OPEN BREAK (MAN ROCKS BACK) TO PROGRESSIVE BASIC (PASSING FEET)**
- 6. CHASE (FREESTYLE) PIVOT TURNS STARTING WITH A PROGRESSIVE BASIC**
 - A. PASSING FEET**
 - B. LOCK STEP**
 - C. DOUBLE SPIN**
- 7. (OPT.) DOUBLE BREAKS**

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

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CHA CHA- LEVEL 2

1. TWO-WAY UNDERARM TURN (PEEK-A-BOO)

A. ADVANCED PEEK-A-BOO (LIGHT BULB, LADY POINTING UP)

(HOLD ON 2,3, MAN DOES A LUNGE, ROCK SIDWAYS (FACE ON 4&)

2. CROSSOVER BREAK WITH HEAD ROLLS

A. DOUBLE SPIN FOR LADY

B. FREEHAND DOUBLE SPINS

3. CROSS-BODY LEAD

A. WITH UNDERARM TURN

4. CHASE (OPEN) STARTING WITH A PROGRESSIVE BASIC (PIVOT

URNS OR SAILOR SHUFFLE CROSSING BEHIND)

A. SINGLE U/A TURN (L-R)

B. DOUBLE U/A TURN (L-R)

C. SINGLE U/A TURN (L-R + R-L)

5. OPEN BREAK WITH SINGLE UNDERARM TURN, (SLOW TURN)

FINISH WITH DOUBLE TURN (FASTER TURN) FOR LADY ON 4&.

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CHA CHA- LEVEL 3

1. TRAVELING TRIPLE (CROSS TRIPLE STEPS)

- A. TWO HAND**
- B. SINGLE UNDERARM TURN (BOTH)**
- C. DOUBLE TURNS (BOTH)**

**2. PARALLEL BREAKS (ALTERNATING SKATERS)
(MAN FAKES TO WOMAN'S FOOTWORK WITH A
WALK, WALK)**

- A. END WITH SINGLE TURN (PEEK-A-BOO
FOOTWORK)**
- B. WITH ALTERNATING HAND OVER WOMAN'S HEAD**
- C. LADY'S UNDERARM SPINS**
- D. END WITH FREE SPIN**

3. HALF-MOON (FROM CROSS BODY LEAD)

- A. LADY'S DOUBLE TURN**
- B. LADY OUTSIDE TURN**

4. CROSSOVER BREAKS WITH SHOULDER ROLL

- A. LADY'S DOUBLE SPIN TO BACKWARD BREAK**
- B. LADY'S FREE SPIN TO BACKWARD BREAK**
- C. BOTH FREE SPIN TO BACKWARD BREAK**

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CHA CHA- LEVEL

- 1. HAND PUSHES**
 - A. LADY'S FREE SPIN ONLY**
 - B. BOTH FREE SPIN**

- 2. KNEE LIFTS (STARTING/TRAVELING TRIPLE-STEP CROSS- BEHIND) (PLACING TOP OF FOOT AGAINST BACK OF CALF)**

- 3. ALTERNATING SWEETHEART**
 - A, SINGLE TURN**
 - B. LADY'S DOUBLE TURN**

- 4. HAMMER LOCK (SWIRLS)**

- 5. SERPENTINE (PARALLEL BREAKS WITH SYNCOPATION)**

- 6. CLOSED BACK BREAK W/LUNGE TO FREESPINS AND CROSSOVER BREAK**