



An Easy Cha

32 Count, 4 Wall, Beginner (Cha Cha)
Choreographer: Lisa McCammon (USA) Feb 2018
Choreographed to: One Night At A Time by George Strait

Any social cha in the 110-125 bpm range (suggestions below)

This dance was written for beginners to learn some basic social cha-cha-cha triple patterns, and can be used as a beginner floor split for harder cha-cha dances (dance through any phrasing anomalies).

Counterclockwise rotation; start weight on L

Section 1 **SIDE ROCK, RECOVER, STEP-STEP-STEP; SIDE ROCK, RECOVER, STEP-STEP-STEP**

1-2 Rock R to side, recover L
3&4 Step in place RLR
5-6 Rock L to side, recover R
7&8 Step in place LRL

REPEAT PREVIOUS 8

Section 2 **FORWARD ROCK, RECOVER, BACK-CLOSE-BACK; BACK ROCK, RECOVER, STEP-CLOSE-STEP**

1-2 Rock forward R, recover L
3&4 Step back R, step L next to R, step back R
5-6 Rock back L, recover R
7&8 Step forward L, step R next to L, forward L

Section 3 **STEP, TURN, CROSS-&-CROSS; SIDE ROCK, RECOVER, CROSS-&-CROSS**

1-2 Step forward R, turn left $\frac{1}{4}$ [9] (over-rotate slightly to left diagonal)
3&4 Cross R, step L to side, cross R
5-6 Rock L to side, recover R (open slightly to right diagonal)
7&8 Cross L, step R to side, cross L

Music suggestions:

One Night At A Time by George Strait
Broken Stones by Paul Weller
Tell The World by Eric Hutchinson
Got To Give It Up by Marvin Gaye
Marvin Gaye by Charlie Puth ft. Meghan Trainor
Bajo La Luna by Sparx
Rebel de Amor by Belle Perez.