

The Cha Cha Basic

2, 3, 4-and-1 · rock, recover, cha-cha-cha · two halves, eight beats per basic

Remember: the rock step is small, not a lunge, and the 4 and the “and” share one beat. Step onto the ball of the foot and let the hips follow your weight changes.

Leader

Count	Step	Foot and direction
Start	–	Feet a little apart, facing partner, weight on right
2	Rock	Left foot forward
3	Recover	Weight back to right
4	Cha	Left foot to the side
&	Cha	Close right toward left
1	Cha	Left foot to the side
2	Rock	Right foot back
3	Recover	Weight forward to left
4	Cha	Right foot to the side
&	Cha	Close left toward right
1	Cha	Right foot to the side

Follower

Count	Step	Foot and direction
Start	–	Feet a little apart, facing partner, weight on left
2	Rock	Right foot back
3	Recover	Weight forward to left
4	Cha	Right foot to the side
&	Cha	Close left toward right
1	Cha	Right foot to the side
2	Rock	Left foot forward
3	Recover	Weight back to right
4	Cha	Left foot to the side
&	Cha	Close right toward left
1	Cha	Left foot to the side

Your five-minute practice

- Minute 1:** play the count-along video and say “two, three, cha-cha-cha” out loud with it.
- Minutes 2-3:** dance your own part alone, no music. End each half ready to rock the other way.
- Minute 4:** dance along with the slow practice track (100 beats per minute).
- Minute 5:** try the dance-tempo track (120 beats per minute). Go back to slow if it falls apart.

Check yourself

- Did my rock step land on 2, not on 1?
- Was the rock small enough to come right back on 3?
- Did the cha-cha-cha stay small and light?
- Did my hips follow my feet instead of leading?

When it feels easy

- Try it with a partner in a light hold, eight basics in a row.
- Practice with a song from the guide’s list, like “Sway” or “Oye Como Va.”
- Ask Amy about the crossover break and the underarm turn.