



COWBOY CHA CHA



The "Cowboy Cha Cha" is a country/western couples dance done with a cha cha flair. It is performed starting in the "Sweetheart Position" position and progresses around the floor in a counterclockwise direction. The steps are to be smooth and graceful so it is performed to relatively slow music. The lead foot is the same for the gents and ladies. The entire dance is done to a "1-2-Cha-Cha-Cha" step pattern. The dance can be broken down into five separate sequences as follows:

FIRST SEQUENCE

- (1) Beginning with feet together, Step ahead and rock forward on the left foot ; Rock back on the right foot ; Left-Right-Left in place (this is the 1-2-Cha-Cha-Cha pattern)
- (2) Step back and rock back on the right foot; Rock forward on the left foot; Right-Left-Right in place.
- (3) Repeat (1)
- (4) Step back and rock back on the right foot; Rock forward on the left foot. (Here's where it changes)

SECOND SEQUENCE

- (5) The gent does a Right-Left-Right in place. At the same time, he raises his right hand over the lady's head and she moves ahead in the direction of dance turning to her left to face the gent (she's doing her Right-Left-Right as she makes this move - keep hold of both hands)
- (6) The gent steps ahead and rocks forward on his left as the lady steps back and rocks back on her left; The gent rocks back on his right as the lady rocks forward on her right; The gent does a Left-Right-Left in place as the lady reverses the previous move and does her Left-Right-Left turning back under the gents arm to the starting position.
- (7) Repeat (4) (5) and (6)
- (8) Repeat (2)

THIRD SEQUENCE

- (9) Step ahead with the left (keeping the right foot in place), pivot 1/2 turn to the right putting weight on the right; Left-Right-Left in place.
- (10) Step ahead with the right (keeping the left foot in place) pivot 1/2 turn to the left putting weight on the left; Right-Left-Right in place.
- (11) Repeat (9) and (10)

FOURTH SEQUENCE

- (12) Progressing in the direction of dance, step ahead with the left, step ahead with the right; Left-Right-Left (taking 3 short steps in the direction of dance)
- (13) Progressing in the direction of dance, step ahead with the right, step ahead with the left; Right-Left-Right (taking 3 short steps in the direction of dance)
- (14) Repeat (12) and (13)

FIFTH SEQUENCE

This sequence is done in place, no progression. The gent does four 1-2-Cha-Cha-Cha patterns more or less in place. He only moves slightly right-left-right then left to accommodate the lady as she moves around him.

- (15) On the first pattern, drop the right hand hold, the lady moves across in front of the gent moving under his raised left arm and ending on his left side with both facing direction of dance.
- (16) On the second pattern, drop the left hand hold and catch the right hands behind the gents back as the lady crosses behind the gent moving under his right arm and ending on this right side in the starting position.
- (17) Repeat (15)
- (18) Same as (16) only the lady does a full turn to her right on the Cha-Cha-Cha steps ending up in the starting position

START AGAIN

TIPS

- 1) Do a slight "dip" on the 1-2 steps of each pattern. That dip is what gives this dance the Cha Cha look.
- 2) On the fifth sequence, it is important that the gent move back and forth in a direction opposite from the lady to help her get around. She must be completely on the opposite side of the gent after the 1-2 steps.
- 3) It helps to count to yourself, "Left-Right-Cha-Cha-Cha; Right-Left-Cha-Cha-Cha" all the way through the entire dance. It's easy to get on the wrong foot.
- 4) Variations and turns are done during the fourth sequence.
- 5) Keep in step with the couple in front of you. It looks much better if all dancers are on the same step.

SUGGESTED MUSIC

I'm Gonna Miss You Girl
Land of Enchantment
Como Se Dice
Joe Knows How to Live
We Won't Dance
I Got Mexico
If I said You Had a Beautiful Body
Get Into Reggae Cowboy
Dancin' Cowboys
She and I
Times of No Money
Darlene

Michael Martin Murphy
Michael Martin Murphy
Sweethearts of the Rodeo
Eddie Raven
Vince Gill
Eddie Raven
Bellamy Brothers
Bellamy Brothers
Bellamy Brothers
Alabama
Girls Next Door
T. Graham Brown

Complements of the Sun Country Shufflers

