

NTA School Figure I-D Study Guide

Cha-Cha

- 1. Basic Box**
Open Break & Back to Closed
Open Break with UAT
- 2. Cross Over Breaks (3)**
Basic and back to Closed
Basic with Free Turns Left (man) and Right (lady) (Walk Around) back to Closed Position
- 3. Fifth Position Breaks (The Yale) (2)**
Hug Method
One Hand Hold Method
- 4. Parallel Breaks (Off-Set Breaks) (2)**
Closed Position
Open (Two Hand) Position
- 5. Change Hands Cross Over (Patty Cake)**
Man does 1 COB, three 5th Position Breaks then another COB while lady does 5 COB's
Free Turn back to Closed Position

Other movements/definitions needed

Animation
Body Lines
Connection
Continuity
Cuban Motion
Drive
Interlocking Slots
Lilt (as in Polka)
Rhythmic Leads
Shaping
Smooth Leads
Static Dancing
Sway
Three ways to start basic Cha Cha pattern
Trace Turn
Triple Steps
NOTE. A review of some patterns from Waltz, Two Step, E/C Swing, Polka

