

Dance Notes - Figures

CDC - Autumn 2022 - Ballroom and Latin - Beginners

Cha Cha

Closed Basic Movement

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3-5	4 & 1	LRL chasse to left	RLR chasse to right
6	2	RF back	LF forward
7	3	Transfer to LF	Transfer to RF
8-10	4 & 1	RLR chasse to right	LRL chasse to left

New York

Both dancers should face each other during the chasses.

Step	Timing	Leader	Follower
1	2	(prepare the lead on the previous step), 1/4 turn right, LF forward in open counter promenade position	1/4 turn left, RF forward in open counter promenade position
2	3	Transfer to RF	Transfer to LF
3-5	4 & 1	Turn to face partner then LRL chasse to left	Turn to face partner then RLR chasse to right
6	2	1/4 turn left, RF forward in open promenade position	1/4 turn right, LF forward in open promenade position
7	3	Transfer to LF	Transfer to RF
8-10	4 & 1	Turn to face partner then RLR chasse to right	Turn to face partner then LRL chasse to left

Spot Turns

Step	Timing	Leader	Follower
1	2	1/4 turn left, RF forward in RSP	1/4 turn right, LF forward in RSP
2	3	1/2 turn left, transfer weight to LF	1/2 turn right, transfer weight to RF
3-5	4 & 1	Turn to face partner then RLR chasse to right	Turn to face partner then LRL chasse to left
6	2	1/4 turn right, LF forward in LSP	1/4 turn left, RF forward in LSP
7	3	1/2 turn right, transfer weight to RF	1/2 turn left, transfer weight to LF
8-10	4 & 1	Turn to face partner then LRL chasse to left	Turn to face partner then RLR chasse to right

Abbreviations

T	Toe	B	Ball of foot	Q	Quick	RF	Right foot
TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
IE	Inside edge (of foot)	BH	Ball heel	CBMP	Contra Body Movement position	LRL	Left, right, left

These notes are draft, please contact me if you have questions or spot any errors.

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Underarm Turn to Right

Step	Timing	Leader	Follower
1	2	RF back, left arm raised	1/4 turn right, LF forward under arm
2	3	Transfer to LF, lower arm after turn	1/2 turn right, transfer to RF
3-5	4 & 1	RLR chasse to right	Turn to face partner then LRL chasse to left

Abbreviations

T	Toe	B	Ball of foot	Q	Quick	RF	Right foot
TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
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