

# An Easy Cha

**Count:** 32    **Wall:** 4    **Level:** Beginner Cha Cha

**Choreographer:** Lisa McCammon; February 2018

**Music:** One Night At A Time, 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**

## **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**

## **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

## **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, George Strait**

**Broken Stones, Paul Weller**

**Tell The World, Eric Hutchinson**

**Got To Give It Up, Marvin Gaye**

**Marvin Gaye, Charlie Puth ft. Meghan Trainor**

**Bajo La Luna, Sparx**

**Rebel de Amor, Belle Perez.**

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