

Cha Cha Slide

This dance has simple steps and is tons of fun for dancers and non-dancers alike. The words will help you know which steps to do at which moment.

1. Grapevine ("Take it to the left")
 - a. Step your left foot to the side
 - b. Cross your right foot over the left one and step on it
 - c. Step your left foot to the side again
 - d. Close your right foot onto the right side of your left foot
2. Walking to the back ("Take it back now")
 - a. Step your left foot behind you
 - b. Step your right foot behind you
 - c. Step your left foot behind you
 - d. Close your right foot on the right side of your left foot
3. Jumping ("One hop this time")
 - a. Jum from both feet, landing on both feet, moving forward
4. Stomping ("Left foot let's stomp")
 - a. Stomp your left foot and accent the movement with your whole body, including arm movements or jazz hands
5. Jazz Square ("Now Cha-Cha")
 - a. Cross your right foot in front of your left foot
 - b. Uncross by stepping onto your left foot
 - c. Step to the right with your right foot
 - d. Step in front of you with your left foot
6. Turning Grapevine ("Turn it out")
 - a. Turn your body to the left
 - b. Step with your right foot to the right
 - c. Step your left foot across the right one
 - d. Step again to the right side with your right foot
 - e. Close your left foot on the left side of your right foot
7. Clapping ("Clap your hands")
 - a. Clap to the beat until the next instruction is given
8. Scissor Jump ("Criss Cross")
 - a. Jump from both feet and land on both feet with a wide gap between them
 - b. Jump from both feet, landing on both with the right foot crossed in front of the left one
 - c. Jump both feet out again
 - d. Jump both feet back together, landing with feet next to each other, uncrossed
9. Glide ("Slide to the left")
 - a. Step to the left side with your left foot
 - b. Slide your right foot into the right side of your left foot

10. Glide ("Reverse, Reverse")
 - a. Step to the right side with your right foot
 - b. Slide your left foot into the left side of your right foot
11. Backbend ("How low can you go?")
 - a. Bend your back into a limbo position
12. Standing Position ("Bring it to the top")
 - a. Come back up from the limbo position, accenting the movement with your arms to the sides or above your head
13. Scissor Hands ("Hands on your knees")
 - a. Bend your knees and bounce your body, crossing your hands from one knee to the other to achieve a scissor or criss-cross effect
14. Running Man ("Charlie Brown")
 - a. In place, step onto your right foot and kick the left one to the rear, then reverse, without moving forward.
15. Pose ("Freeze")
 - a. Freeze into the most outrageous and fun position you can manage, accenting it with your facial expression.

After the freeze, the whole dance will start up all over again, many times with a reversal. Listen to the caller so that her "Take it to the left" or "Take it to the right" is the instruction you follow.

1. Grapevine ("Take it to the left")



Step your left foot to the side.

Cross your right foot over the left one and step on it.

Step your left foot to the right side of your left foot.

Close your right foot onto the right side of your left foot.

2. Walking to the back ("Take it back now")



Step your left foot behind you.

Step your right foot behind you.

Step your left foot behind you.

Close your right foot on the right side of your left foot.

3. Jumping ("One hop this time")



Jump from both feet, landing on both feet, moving forward.

4. Stomping ("Left foot let's stomp")



Stomp your left foot and accent the movement with your whole body, including arm movements or jazz hands.

5. Jazz Square ("Now Cha-Cha")



Cross your right foot in front of your left foot.



Uncross by stepping onto your left foot.

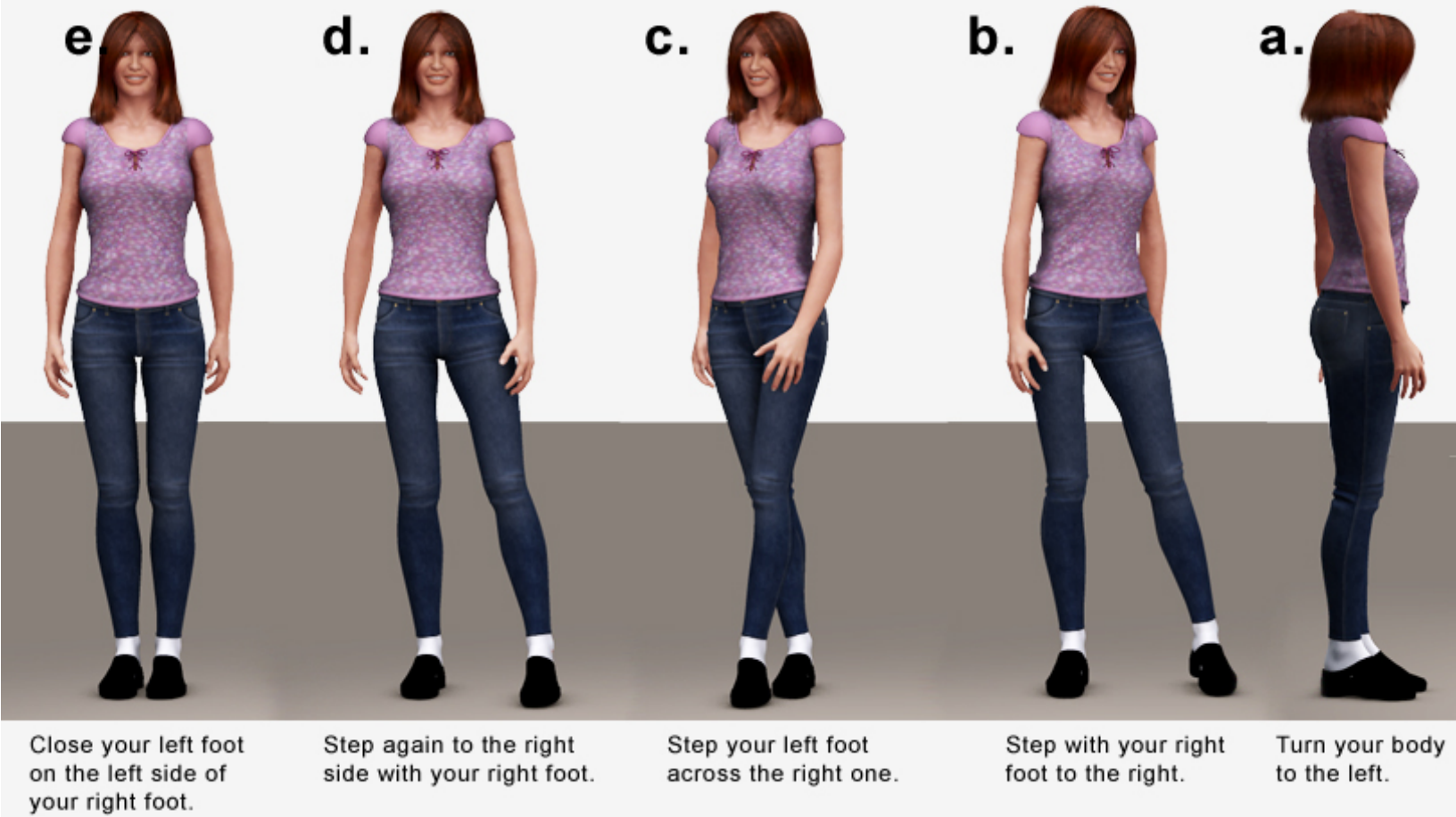


Step to the right with your right foot.



Step in front of you with your right foot.

6. Turning Grapevine ("Turn it out")



7. Clapping ("Clap your hands")



Clap to the beat until the next instruction is given.

8. Scissor Jump ("Criss Cross")



Jump from both feet and land on both feet with a wide gap between them.



Jump from both feet, landing on both feet with the right foot crossed in front of the left one.



Jump both feet out again.



Jump both feet back together, landing with feet next to each other, uncrossed.

9. Glide ("Slide to the left")



Step to the left side with your left foot.



Slide your right foot into the right side of your left foot.



Step to the right side with your right foot.



Slide your left foot to the left side of your right foot.

10. Glide ("Reverse, Reverse")

11. Backbend ("How low can you go?")



Bend your back into a limbo position.

12. Standing Position ("Bring it to the top")



Come back up from the limbo position, accenting the movement with your arms to the sides and above your head.

13. Scissor Hands ("Hands on your knees")



Bend your knees and bounce your body, crossing your hands from one knee to the other to achieve a scissor or criss-cross effect.

14. Running Man ("Charlie Brown")



Come back up from the limbo position, accenting the movement with your arms to the sides and above your head.

15. Pose ("Freeze")



Freeze into the most outrageous and fun position you can manage, accenting it with your facial expression.