

Cha Phase IV Part 2

Fig 8: **AIDA**

This is a single measure figure in which dancers step through with the free foot, step side turning away from each other, then step Back, Close, Back to end in a Back-to-Back "V" position with free feet extended forward and free hands extended up and back to emphasize the "V" shape. The figure may start with either foot, moving in the appropriate direction.

Facing position Man facing the Wall, **Trail feet** free, moving towards LOD

Man: Forward RIGHT turning Right-Faced, Side LEFT continuing RF turn, Back RIGHT/Close LEFT, Back RIGHT;

Lady: Forward LEFT turning Left-Faced, Side RIGHT continuing LF turn, Back LEFT/Close RIGHT, Back LEFT;

OR

Facing position Man facing the Wall, **Lead feet** free, moving towards RLOD

Man: Forward LEFT turning Left-Faced, Side RIGHT continuing LF turn, Back LEFT/Close RIGHT, Back LEFT;

Lady: Forward RIGHT turning Right-Faced, Side LEFT continuing RF turn, Back RIGHT/Close LEFT, Back RIGHT;

Practice 8.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Fence Line ; AIDA ; Walk 2 & Cha to Face ; Cucaracha ;

CROSS BODY ;; {COH} Basic ;;

Fence Line ; AIDA ; Walk 2 & Cha to Face ; Cucaracha ;

CROSS BODY ;; {Wall} Basic ;;

Practice 8.2: **Butterfly position** Man facing the Wall, **Lead feet** free

Fence Line x2 ;; AIDA ; Walk 2 & Cha to Face ;

Cucarachas ;; CROSS BODY ;; {COH}

Fence Line x2 ;; AIDA ; Walk 2 & Cha to Face ;

Cucarachas ;; CROSS BODY ;; {Wall}

Fig 9 **SWITCH CROSS:**

This is a single measure figure, commonly used following an AIDA to return dancers to a facing position. From a Back-to-Back “V” position, the Man will bring the joined hands through between the dancers causing them to swivel to face. Both dancers step Side checking this motion, Recover, then Cross the free foot in front of the weighted foot, Side, Cross. The next figure will necessarily start with a step to the Side to uncross the feet. The figure may be done with either foot in the appropriate direction.

Back-to-Back position, **Lead feet** free

Man: Turning Left-Faced to face partner and bringing joined hands thru Side LEFT, Recover RIGHT, Cross LEFT in front/Side RIGHT, Cross LEFT in front;

Lady: Turning Right-Faced to face partner and bringing joined hands thru Side RIGHT, Recover LEFT, Cross RIGHT in front/Side LEFT, Cross RIGHT in front;

OR

Back-to-Back position, **Trail feet** free

Man: Turning Right-Faced to face partner and bringing joined hands thru Side RIGHT, Recover LEFT, Cross RIGHT in front/Side LEFT, Cross RIGHT in front

Lady: Turning Left-Faced to face partner and bringing joined hands thru Side LEFT, Recover RIGHT, Cross LEFT in front/Side RIGHT, Cross LEFT in front;

Practice 9.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Fence Line ; AIDA ; SWITCH CROSS ; Side Walk ; Blend to CP

CROSS BODY ;; {COH} Basic ;;

Fence Line ; AIDA ; SWITCH CROSS ; Cucaracha ; Blend to CP

CROSS BODY ;; {Wall} Basic ;;

Practice 9.2: **Butterfly position** Man facing the Wall, **Lead feet** free

Fence Line x2 ;; AIDA ; SWITCH CROSS ; Blend to CP

Cucarachas ;; CROSS BODY ;; {COH}

Fence Line x2 ;; AIDA ; SWITCH CROSS ; Blend to CP

Cucarachas ;; CROSS BODY ;; {Wall}

Fig 10 **SWITCH ROCK:**

This is a single measure figure, commonly used instead of SWITCH CROSS following an AIDA, to return dancers to a facing position but with body weight moving in the opposite direction. From a Back-to-Back "V" position, the Man will bring the joined hands through between the dancers causing them to swivel to face. Both dancers step Side checking this motion, Recover, then step Side onto the free foot Close, Side. The body flow suggests the next step will be taken in the same direction, but this should not be exaggerated as SWITCH ROCK may be followed by a more static figure eg Cucaracha. The figure may be done with either foot in the appropriate direction.

Back-to-Back position, Lead feet free

Man: Turning Left-Faced to face partner and bringing joined hands thru Side LEFT, Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT;

Lady: Turning Right-Faced to face partner and bringing joined hands thru Side RIGHT, Recover LEFT, Side RIGHT/Close LEFT, Side RIGHT;

OR

Back-to-Back position, Trail feet free

Man: Turning Right-Faced to face partner and bringing joined hands thru Side RIGHT, Recover LEFT, Side RIGHT/Close LEFT, Side RIGHT;

Lady: Turning Left-Faced to face partner and bringing joined hands thru Side LEFT, Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT;

Practice 10.1: Butterfly position Man facing the Wall, Lead feet free

Fence Line ; AIDA ; SWITCH ROCK ; Spot Turn ; Blend to CP

CROSS BODY ;; {COH} Basic ;;

Fence Line ; AIDA ; SWITCH ROCK; Fence Line ; Blend to CP

CROSS BODY ;; {Wall} Basic ;;

Practice 10.2: **Butterfly position** Man facing the Wall, **Lead feet** free

Fence Line x2 ;; AIDA ; SWITCH ROCK ;

Fence Line x2 ;; CROSS BODY ;; {COH}

Fence Line x2 ;; AIDA ; SWITCH ROCK ; to CP

Basic ;; CROSS BODY ;; {Wall}

Fig 11 **ALTERNATIVE BASIC**

This is a single measure figure which begins with the free foot extended to the side. On the first step dancers will Close the free foot to the weighted foot. On the second step they will Step in Place, transferring weight without moving the feet. Finally step side, close, side.

Man facing the Wall, **Lead feet** free

Man: Close LEFT to Right, Step in Place RIGHT, Side LEFT/Close RIGHT, Side LEFT;

Lady: Close RIGHT to LEFT, Step in Place LEFT, Side RIGHT/Close LEFT, Side RIGHT;

OR Man facing the Wall, **Trail feet** free

Man: Close RIGHT to LEFT, Step in Place LEFT, Side RIGHT/Close LEFT, Side RIGHT;

Lady: Close LEFT to Right, Step in Place RIGHT, Side LEFT/Close RIGHT, Side LEFT;

Practice 11.1: **Butterfly position** Man facing the Wall, **Lead feet** free and extended

Alternative Basic x2 ;; AIDA ; SWITCH CROSS ;

Side Walk ; Spot Turn; Cucarachas ;;

Side Walk ; Alternative Basic x3 ;;;

New Yorker x2 ;; Fence Line x2 ;;

Fig 12 **TRADE PLACES:**

This is a single measure figure executed from Handshake position, in which partners change places, turning 180 degrees, passing through a momentary tandem position at the end of step 2 before completing the turn to face at the end of the figure.

Right Handshake position Man facing the Wall, **Lead feet** free

Man: Rock apart LEFT, Recover RIGHT turning 1/4 Right-Faced behind Lady releasing joined hands to momentary Tandem Position (RLOD), Side LEFT/Close RIGHT, turning 1/4 RF to face partner Side & Back LEFT, -;

Lady: Rock apart RIGHT, Recover LEFT turning 1/4 Left-Faced in front of Man releasing joined hands to momentary Tandem Position (RLOD), Side RIGHT/Close LEFT, turning 1/4 LF to face partner Side & Back RIGHT, -;

OR

Left Handshake position Man facing the COH, **Trail feet** free

Man: Rock apart RIGHT, Recover LEFT turning 1/4 Left-Faced behind Lady releasing joined hands to momentary Tandem Position (RLOD), Side RIGHT/Close LEFT, turning 1/4 LF to face partner Side & Back RIGHT, -;

Lady: Rock apart LEFT, Recover RIGHT turning 1/4 Right-Faced in front of Man, releasing joined hands to momentary Tandem Position (RLOD), Side LEFT/Close RIGHT, turning 1/4 RF to face partner Side & Back LEFT, -;

Practice 12.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic to RH Shk ;; TRADE PLACES x2 ;; join Lead hands

ALEMANA ;; Lariat ;;

Practice 12.2: **Closed position** Man facing the Wall, **Lead feet** free

Cross Body to RH Shk ;; TRADE PLACES x2 ;; join Lead hands

ALEMANA ;; Lariat ;;

½ Basic ; Whip to RH Shk ; TRADE PLACES x3 ;; (Stay in R Handshake)

Underarm Turn to Butterfly ; Shoulder to Shoulder x2 to CP ;;

Fig 13a **FLIRT**;

This is a two measure figure in which the Man executes a Basic whilst leading the Lady to turn to Varsouvienne position at the end of the first measure. In the second measure, both dancers execute a Back Basic facing the same direction so the Side/Close, Side moves the Lady to Left Varsouvienne position. If the figure begins in Right Handshake position the Lady automatically turns to the Man's Right side but the figure may start in any facing position.

Right Handshake position Man facing the Wall, **Lead feet** free

Man: Forward LEFT, Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT ;

Back RIGHT, Recover LEFT, Side RIGHT/Close LEFT, Side RIGHT;

Lady: Back RIGHT, Forward LEFT, Forward RIGHT/Close LEFT, Forward RIGHT turning Left-Faced to Varsouvienne Position ;

Back LEFT, Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT in front of the man to end in Left Varsouvienne Position ;

Practice 13a.1: **Right Handshake position** Man facing the Wall, **Lead feet** free

FLIRT ;; release hands Solo Fence Line x2 ;;

Opposite Spot Turn ; Cucaracha to B'fly ; Shoulder to Shoulder x2 ;;

Basic ;; to RH Shk TRADE PLACES x2 ;;

Fig 13b Modified **FLIRT to a FAN**;

This is a variation on the basic figure in which the Man leads the Lady to turn $\frac{1}{4}$ Right-Faced to Fan position after the final step instead of Left Varsouvienne position. The Man may take a slightly larger final Side step to emphasize the Fan position.

Right Handshake position Man facing the Wall, **Lead feet** free

Man: Forward LEFT, Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT;
Back RIGHT, Recover LEFT, Side RIGHT/Close LEFT, Side RIGHT;

Lady: Back RIGHT, Forward LEFT, Forward RIGHT/Close LEFT, Forward RIGHT
turning Left-Faced to Varsouvienne Position;

Back LEFT, Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT in front of the
man turning $\frac{1}{4}$ LF to Fan position;

Practice 13b.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic ;; to RH Shk modified FLIRT to a Fan ;;

ALEMANA ;; Shoulder to Shoulder x2 ;;

Practice 13.2b: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic ;; modified FLIRT to a Fan ;;

HOCKEY STICK ;; Shoulder to Shoulder x2 ;;

Figure 14 **DEVELOPE:**

This figure is usually performed by the Lady with the Man in a leading/supporting role, but may be performed by either or both dancers and may begin with either foot free. The body alignment may be Sidecar or Banjo.

Man: Forward LEFT outside partner checking, -, -, -;

Lady: Back RIGHT, bring LEFT foot up to inside of RIGHT knee, extend LEFT foot forward, -, -;

OR:

Man: Forward RIGHT outside partner checking, -, -, -;

Lady: Back LEFT, bring RIGHT foot up to inside of LEFT knee, extend RIGHT foot forward, -, -;

Practice 14.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic ;; Shoulder to Shoulder x2 ;; Check Fwd to S'Car & Lady DEVELOPE ;

Man Back to AIDA ; SWITCH CROSS ; Cucaracha ;

Basic ;; Shoulder to Shoulder x2 ;; Check Fwd to S'Car & Lady DEVELOPE ;

Back, Recover, Side, Close; Check Fwd to B'jo & Lady DEVELOPE; Back, Side, Close, Step in Place ;

Figure 15a **UMBRELLA TURNS (IN)** :

This figure begins in a Left Hand Star position, usually with the Man facing Reverse Line of Dance. The Man will execute Forward and Back Basics, leading the Lady to turn 4 times alternately Left and Right Faced to face RLOD and LOD until the final measure which ends with the Man facing the wall. The figure takes 4 measures, but may be used fractionally. On the first step of each measure the free arms should be extended to the side. The Man raises the joined Left hands to allow the woman to turn either RF or LF as needed.

Man: Forward LEFT, Recover RIGHT, Back LEFT/Close RIGHT, Back LEFT leading woman to turn LF ;

Back RIGHT, Recover LEFT, Forward RIGHT /Close LEFT, Forward RIGHT lead woman to turn RF ;

Forward LEFT Recover RIGHT, Back LEFT/Close RIGHT, Back LEFT leading woman to turn LF ;

Back RIGHT, Recover LEFT turn $\frac{1}{4}$ LF, Side RIGHT /Close LEFT, Side RIGHT leading woman to turn RF to B'fly Wall;

Lady: Back RIGHT, Recover LEFT turning $\frac{1}{4}$ LF, Side RIGHT/Close LEFT, Side RIGHT turn $\frac{1}{4}$ LF; {RLOD}

Back LEFT, Recover RIGHT turning $\frac{1}{4}$ RF, Side LEFT/Close RIGHT, Side LEFT turn $\frac{1}{4}$ RF; {LOD}

Back RIGHT, Recover LEFT turning $\frac{1}{4}$ LF, Side RIGHT/Close LEFT, Side RIGHT turn $\frac{1}{4}$ LF; {RLOD}

Back LEFT, Recover RIGHT turning $\frac{1}{4}$ RF, Side RIGHT/Close LEFT, Side RIGHT; {Wall}

Practice 15a.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic ;; Shoulder to Shoulder x2 ;; Blending to Left Hand Star, M facing RLOD

Umbrella Turns In ;; ;; Blending to Butterfly Wall

Figure 15b **UMBRELLA TURNS (OUT) :**

This figure begins in a Left Hand Star position, usually with the Man facing Reverse Line of Dance. The Lady has NO turn on the first measure. The Man will execute Forward and Back Basics, leading the Lady to turn 3 times alternately Right and Left Faced to face RLOD and LOD until the final measure which ends with the Man facing the wall. The figure takes 4 measures, but may be used fractionally. On the first step of each measure the free arms should be extended to the side. The Man raises the joined Left hands to allow the woman to turn either RF or LF as needed.

Man: Forward LEFT, Recover RIGHT, Back LEFT/Close RIGHT, Back LEFT ;

Back RIGHT, Recover LEFT, Forward RIGHT /Close LEFT, Forward RIGHT lead woman to turn RF ;

Forward LEFT Recover RIGHT, Back LEFT/Close RIGHT, Back LEFT leading woman to turn LF ;

Back RIGHT, Recover LEFT turn $\frac{1}{4}$ LF, Side RIGHT /Close LEFT, Side RIGHT leading woman to turn RF to B'fly Wall;

Lady: Back RIGHT, Recover LEFT, Forward RIGHT /Close LEFT, Forward RIGHT ;
{LOD}

Forward LEFT, turning $\frac{1}{2}$ RF Recover RIGHT, Forward LEFT/Close RIGHT Forward LEFT; {RLOD}

Forward RIGHT, turning $\frac{1}{2}$ LF Recover LEFT, Forward RIGHT/Close LEFT, Forward RIGHT; {LOD}

Forward LEFT, turning $\frac{3}{4}$ RF Recover RIGHT, Side LEFT/Close RIGHT, Side LEFT; {B'Fly}

Practice 15b.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic ;; Shoulder to Shoulder x2 ;; Blending to Left Hand Star, M facing RLOD

Umbrella Turns Out ;; ;; Blending to Butterfly Wall

Figure 16 PARALLEL CHASE:

This is a figure in which both dancers execute identical footwork in a shadow or Varsouvienne position, travelling towards Line of Dance or Reverse Line of Dance, whilst facing the Wall. This will usually require one dancer to transition at the end of the previous figure. Footwork for both dancers will usually be Rock Side, Recover, Cross in Front/Side, Cross in Front. The figure can continue for any number of measures (typically 2 or 3) and may blend to a specified facing direction.

Man or Lady: Side LEFT, Recover RIGHT, Cross LEFT in front of RIGHT/Side Right, Cross LEFT in front of RIGHT;

OR

Side RIGHT, Recover LEFT, Cross RIGHT in front of LEFT/Side LEFT, Cross RIGHT in front of LEFT;

Practice 16.1: **Butterfly position** Man facing the Wall, **Lead feet** free

Basic ;; Fence Line ; Spot Turn (Lady in 4) to Shadow Wall ; (Both Left feet free)

Parallel Chase ;; Face line RONDE CHASSE ; Walk 2 & Cha / W in 4 to transition ;

Practice 16.2: **Butterfly position** Man facing the Wall, **Lead feet** free

½ Basic ; Lady UnderArm Turn to Varsouvienne ; (Both Left feet free)

Parallel Chase ;; ; Keeping Right hands joined Lady Lariat (2nd meas in 4) ;;
Cucaracha ;

Rumba Phase IV Part 2 Practice Dance

Butterfly position Man facing the Wall, **Lead feet** free and extended

WAIT ;; ALTERNATIVE BASIC x2 ;;

AIDA ; SWITCH CROSS ; SIDE WALKS ;; to Right Handshake

TRADE PLACES X2 ;; Mod FLIRT to a FAN ;;

HOCKEY STICK ;; ALEMANA ;;

SIDE WALK ; ALTERNATIVE BASIC x3 ;;;

AIDA ; SWITCH CROSS ; SIDE WALKS ;; to Right Handshake

TRADE PLACES X2 ;; Mod FLIRT to a FAN ;;

HOCKEY STICK ;; ALEMANA ;;

SIDE WALK ; ALTERNATIVE BASIC x3 ;;;

AIDA ; SWITCH ROCK ; AIDA and Extend ;