

Beginning Cha-Cha: Cross Over Breaks

Pre-requisite

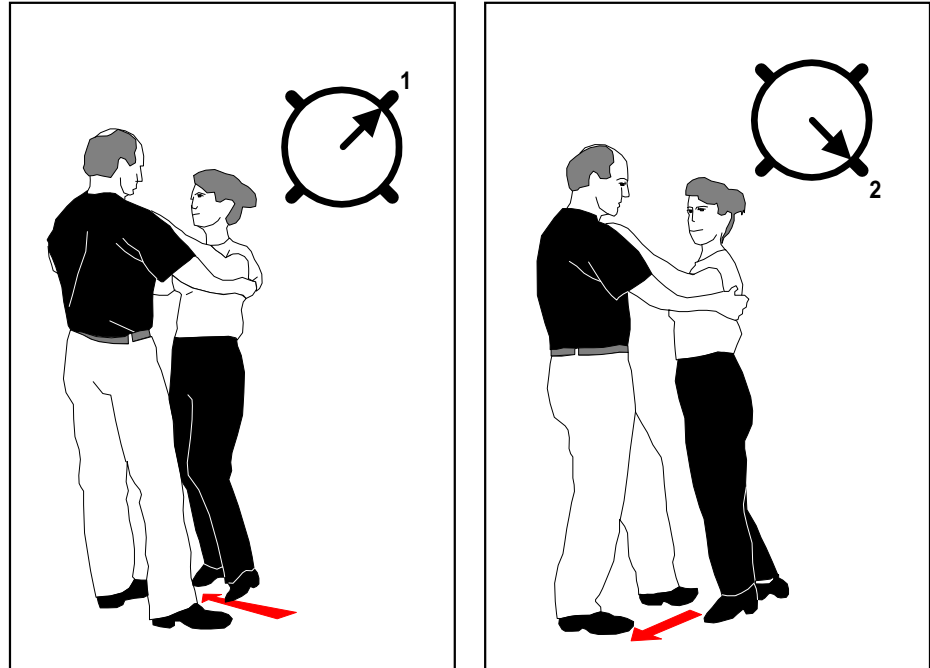
To complete this segment, you must be able to do basic cha-cha chassé.

Overview

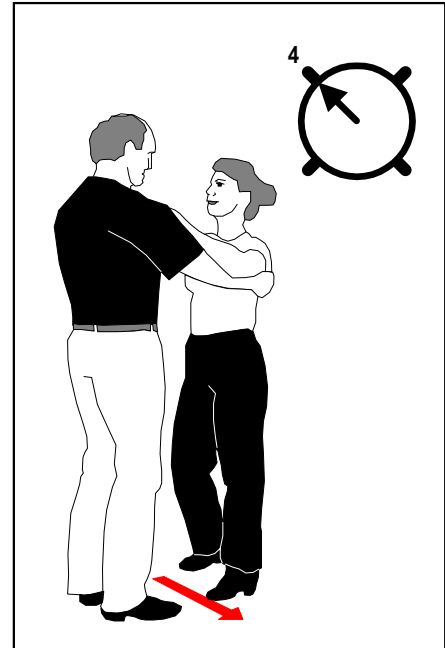
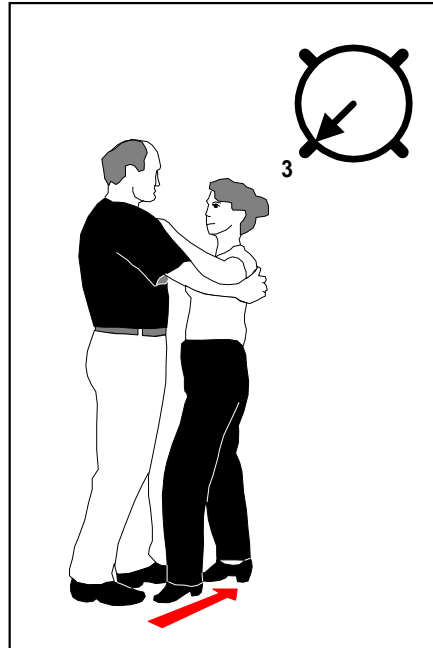
The cross over breaks are executed along the same zig-zag path as the basic cha-cha chassé with the exception being that the breaks occur by both partners pivoting and stepping the rock steps to the outside along the sideways path.

The Steps

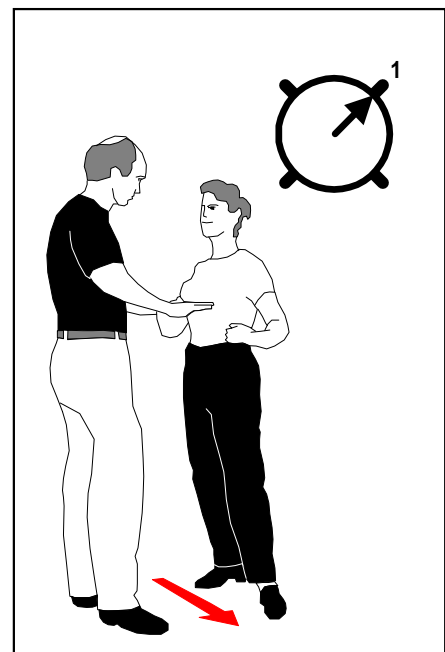
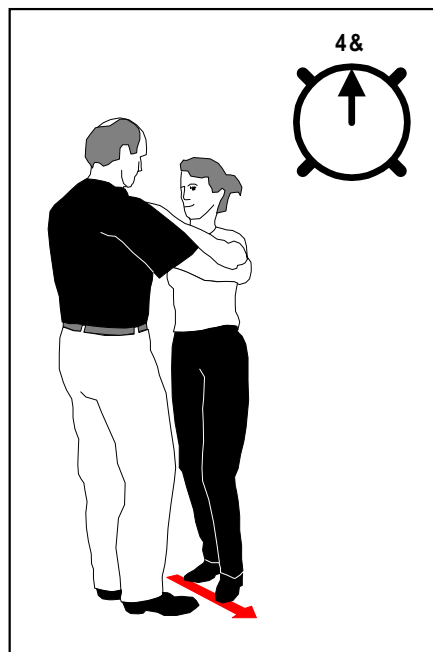
The pattern begins with the basic starting step of the chassé and the gentleman's back rock with his right foot.



Steps 3, 4, & are all the same as the basic cha-cha chassé.

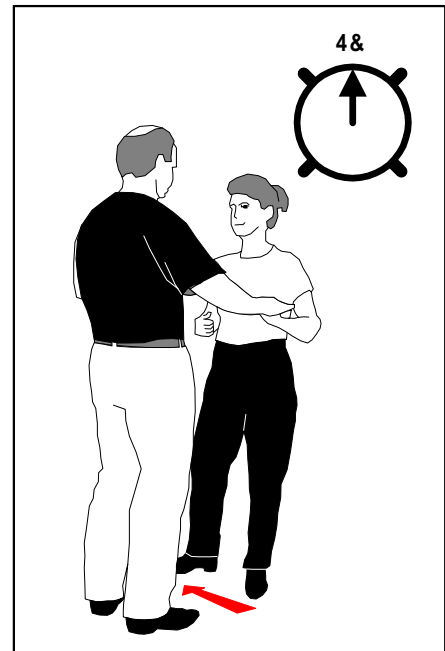
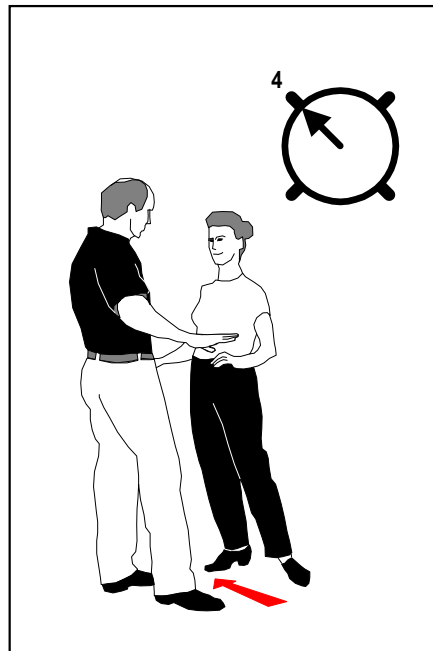
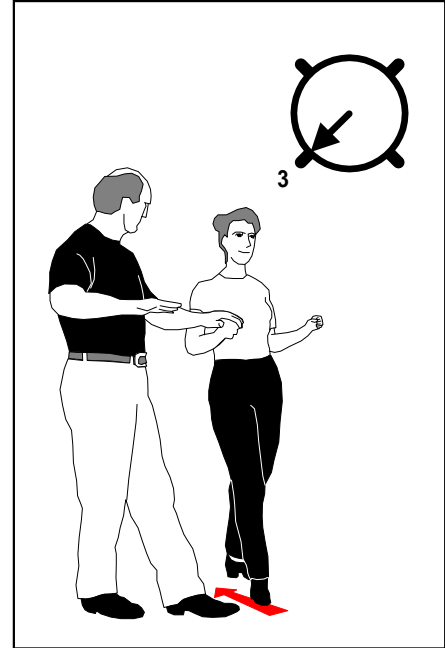
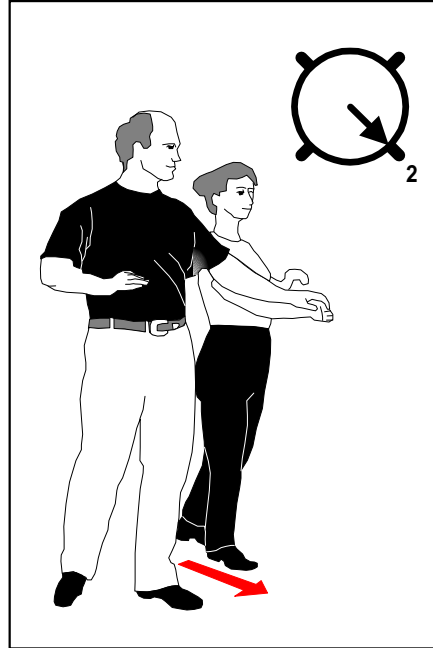


On the count of 1 (last step of the cha-cha-cha and on a stressed beat) the gentleman begins to open the dance frame. Notice that the partners are still facing each other. DO NOT make the common mistake of facing out on this count.

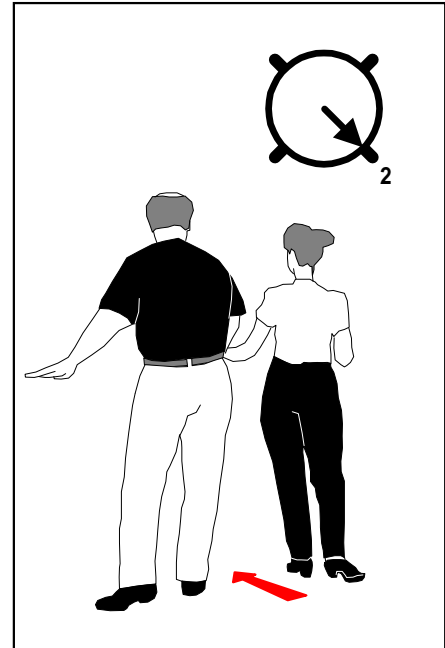


The breaks

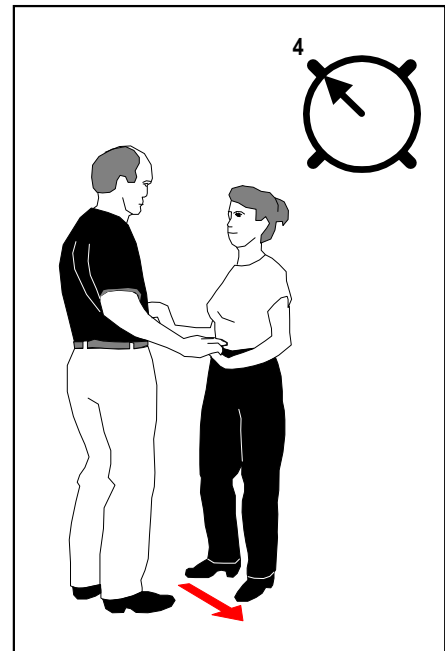
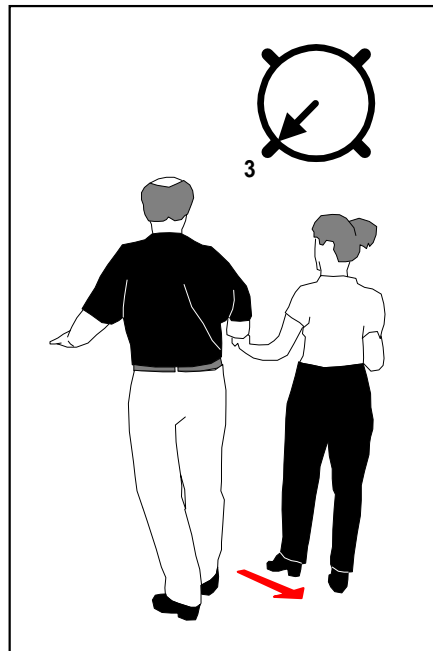
On the count of 3,
the partners
complete the break
and the gentleman
prepares to pivot to
his left taking the
lady with him so
they face each
other on the
sideways cha-cha-
cha.



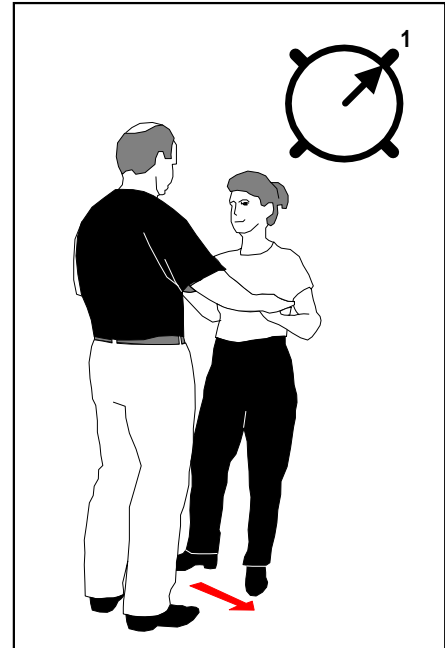
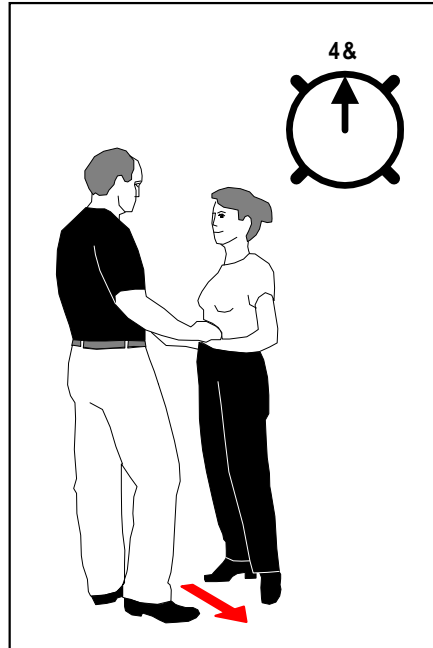
On step 1 (the last step of the cha-cha-cha to the gentleman's left) the gentleman releases his left hand and prepares to complete the break step to the outside on steps 2 and 3. Notice that on step 1, the pair are still facing each other.



On the count of 4 (the first step of the cha-cha-cha), the gentleman pivots to face the lady and begin the sideways cha-cha-cha to the gentleman's right.

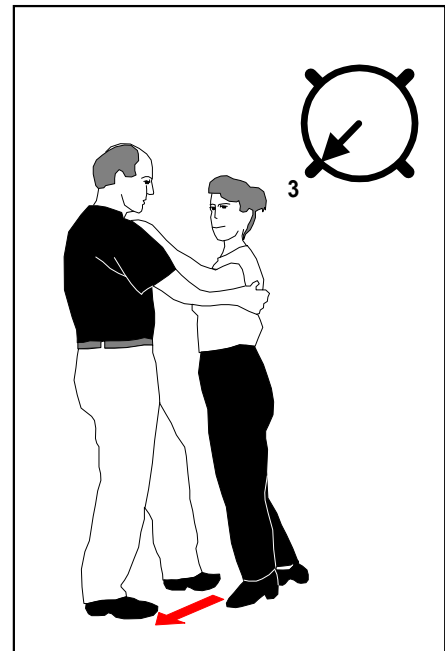
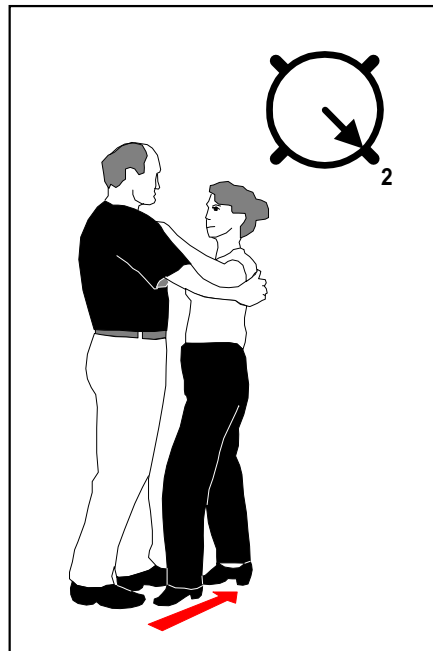


The gentleman and lady complete the sideways cha-cha-cha on the count of 1. Here, the gentleman signals closure by tightening his connection so the lady knows they are not pivoting through for another cross over break.



Ending

The gentleman releases his right hand and slides it under the lady's arm as he drives forward on his left foot for the closing forward break on the count of 2. He completes the break on the count of 3 ready to exit or begin a new pattern.



Conclusion

The material presented here is not all-inclusive, but only touches the high points. There are many other tips to help in your cha-cha technique. Some of these tips will be presented in the course of other dance segments, while others may have to be taught in conjunction with an instructor present.

This concludes the segment on Cha-cha Cross Over Breaks.