

Cha Cha - Knee Lift

		Man's		Ladies	
Phase	Time	Foot	Details	Foot	Details
Basic		See Cross Body Lead		See Cross Body Lead	
X-Body Lead with reverse turn	1	L	Open to left ~180	R	Step straight at his open lead
	2	R	Right turns 180 now Lands just short of even w/left	L	Straight again Then pivot on left, to left
	3	L	Forward (medium) Lead reverse turn (to right)	R	Back Ready to turn left
	4	R	Forward (small)	L	Pivot on ball to left
	and	L	Forward (small)	R	Pivot on ball to left
	1	R	Forward (small)	L	Pivot and stop
	2	L	Cross over break	R	Cross over break
	3	R	Back	L	Back
Knee lift	4	L	Side facing her (left) 2 hand hold	R	Side facing him (right) 2 hand hold
	and	R	Together	L	Together
	1	L	Side (left)	R	Side (right)
	2	R	Pivot on left, Cross over	L	Pivot on right, cross over
	and	L	Lock Step	R	Lock Step
	3	R	Forward	L	Forward
		L	Pivot on right, lift left knee		Pivot on left, lift right knee
	4		Left palm stop, facing her	R	Right palm stop, facing him
	1	L	Turn out to left	R	Turn out to right
	2	R	Cross over break	L	Cross over break
	3	L	Back	R	Back
Knee lift back	4	R	Side facing her (right) 2 hand hold	L	Side facing him (left) 2 hand hold
	and	L	Together	R	Together
	1	R	Side (right)	L	Side (left)
	2	L	Pivot on right, Cross over	R	Pivot on left, Cross over
	and	R	Lock Step	L	Lock Step
	3	L	Forward	R	Forward
			Pivot on left, lift right knee		Pivot on right, lift left knee
	4	R	Right palm stop, facing her	L	Left palm stop, facing him
	1	R	Turn out to right	L	Turn out to left
	2	L	Cross over break	R	Cross over break
	3	R	Back	L	Back
Exit via Walk Around Turn	4	L	Side (left)	R	Side (right)
	and	R	Together	L	Together
	1	L	Side (left) Lead natural turn	R	Side (right)
	2	R	Back	L	Step across, in front of right
	3	L	Forward	R	Turn on both feet
	4	R	Side (right)	L	Side (left) face him
	and	L	Together	R	Together (close)
	1	R	Side (right)	L	Side (left)
Finish this basic					