

Cha Cha

Fast Facts:

The Cha Cha is a cheeky, lively and flirtatious dance. It has a catch-me-if-you-can atmosphere, and is light and bubbly.

It has a distinctive syncopation where 5 steps are danced to four beats hence the 'One, two, cha cha cha' description.

The dance is originally from Cuba.

Distinctive moves:

Triple steps (*Chassez*) and rock steps are the basic components of the Cha Cha. Since the Cha Cha is derived from the Rumba and Mambo dances, Cuban Motion is an important aspect of this dance as well as maintaining quick compact steps. Cuban Motion describes the hip motion resulting from the alternate bending and straightening of the knees.

The dancers should synchronize movements, working in parallel with each other.

The *New Yorker* is a characteristic move, where a dancer steps across their partner and checks to change direction.

Cha-cha (Latin, Rhythm)

The term comes from Haiti, and it refers to the part of a bell that made a "cha-cha" noise when rubbed, but the dance itself evolved from the rumba and the mambo. Mambo was wildly popular in the United States just after World War II, but the music was fast and very difficult to dance to, so a Cuban composer named Enrique Jorrin slowed the music down, and the "cha-cha-cha" was born. By 1953, several of his songs were hits, and the cha-cha became a sensation.

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