

ALL ABOUT THAT CHA

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MUSIC: "All About That Bass" DJ Mitya Feat. Ella – CD: Latin Music 11 - CD1 - Track #16 (cut & edited)
RHYTHM: Cha **SEQUENCE:** Intro, A, B, Interlude, C, A, Interlude, C, A, Ending
PHASE: VI **FOOTWORK:** Described for M - W opp (or as noted) **SPEED:** Slow from 31 to 29MPM
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INTRO

1 - 4 WAIT; WAIT; NEW YORKER w/QK CUCARACHA CROSS; SIDE WALK TO LEFT OPEN;

- 1-2 - Wait 2 meas lead hands joined & trailing arm folded and held in front of body M FCING WALL w/lead foot free for both pointed sd to LOD;;
- 3 - Trng RF fwd L RLOD to LEFT OPEN, rec R trng LF, cont LF trn to fc ptr sd L/rec R, XLIF of R to BFLY WALL;
- 4 - Sd R, cl L to R, sd R/cl L to R, trng RF releasing trail hands fwd R to LEFT OPEN POS FCING RLOD;

5 - 8 THRU KNEE LIFT QK CUCARACHA CROSS; VINE 2 & SIDE CHA; AIDA; SWITCH FREEZE,-, & CLOSE TO BFLY,-;

- 1-3&4 5 - Fwd L, swvling LF on L lift R knee up & across L twds LOD bk to BFLY, sd R/rec L, XRIF of L to BFLY WALL;
- 6 - Sd L trng hips to WALL, XRIB of L, sd L/cl R to L, sd L in BFLY POS M FCING WALL;
- 7 - Thru R, trn RF sd L, cont RF trn sd & bk R extending trailing arm out to sd/lk LIF of R, bk R to end bk to bk V-POS FCING RLOD;
- 1-4 8 - Sharply taking lead hands thru twd LOD trng LF sd L to BFLY WALL, hold, hold, cl R to L;

PART A

1 - 4 BASIC TO NATURAL TOP; w/LADY TWIRL R TO HAMMERLOCK WALL; CROSS ROCK CHAS; CROSS ROCK & LADY SPIN TO WRAP FACE REVERSE;

- 1 - Fwd L, rec R, trng RF sd & slightly fwd L/cl R to L, sd L (bk R, rec L, small sd R/cl L to R, sd & fwd R) to BFLY almost fcng RLOD;
- 2 - Trng RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn as you lead W under lead hands XRIB of L toe to heel/sd L, small sd R (trng RF sd & fwd L, cont RF trn XRIF of L, cont RF trn under joined lead hands sd/cl R to L, complete a little more than 1 full RF twirl, sd L) to end in hammerlock pos trail hands joined behind W's back & lead hands joined low in front of M;
- 1&23&4 3 - XLIF of R twds DRW/rec R, sd L, XRIF of L twds DLW/rec L, sd R (XRIB of L twds DRW/rec L, sd R, XLIB of R twds DLW/rec R, sd L) still in hammerlock pos M FCING WALL & W FCING COH;
- 4 - XLIF of R twds DRW, rec R, raising lead hands small bk L trng RF leading W under joined lead hands/small sd R, cl to R (XRIB of twds DRW, rec L, trng 1 ¼ LF under lead hands twd COH small fwd R/c L to R, sd R) to end in WRAP POS FCING RLOD;

5 - 8 WHEEL 2 & UNWRAP TO BFLY; QUICK SHOULDER TO SHOULDERS; REVERSE UNDERARM; * BFLY FENCE LINE SLOW QK QK; * 2nd & 3rd TIMES, CUE IS JUST FENCE LINE;

- 5 - Wheel ¼ RF fwd R, wheel ¼ RF fwd L to fc LOD, raising lead hands to turn W under trng RF small fwd R/cl L to R, sd R (wheel RF small bk L, R, trng ¾ RF under joined lead hands fwd L/cl R to L, sd L) to BFLY WALL;
 - 1&23&4 6 - Fwd & slightly across L (bk R) checking outside ptr to sdcar/rec R, sd L, fwd & slightly across R (bk L) checking outside ptr to banjo/rec L, sd R still in BFLY POS M FCING WALL;
 - 7 - Trng RF fwd & across L leading W under joined lead hands, rec R, trng LF sd L/cl R to L, sd L (fwd & across R trng LF under lead hands, rec L cont LF trn, sd R/cl L to R, sd R) to end in BFLY POS M FCING WALL;
 - 1-34 8 - Soften L knee fwd & across R LOD flexing R knee,-, rec L trng RF, sd R to BFLY WALL;
 - 2nd & 3rd * Soften L knee fwd & across R LOD flexing R knee, rec L trng RF, sd R/cl L to R, sd R to BFLY WALL;
- Times

PART B

1 - 4 ½ BASIC LADY SPIRAL; CRAB WALK; RELEASE SIDE TCH & KNEE POPS; CHASE M TURN;

- 1 - Fwd L, rec R, sd L/cl R to L, sd L releasing trailing hands and leading W to spiral under lead hands (bk R, rec L, sd R/cl L to R, sd R/spiral 7/8 LF under joined lead hands) M FCING WALL W FCING DLC;
- 2 - Fwd & across R trng hips to LOD, sd L trng hips to WALL re-joining trailing hands to BFLY, cont w/action fwd & across R/sd L, fwd & across R (fwd & across L, trng LF sd R re-joining trailing hands, fwd & across L trng hips to LOD/sd R trng hips to COH, fwd & across L trng hips to LOD) now back in BFLY POS M FCING WALL;
- 1-3&4 3 - Sd L releasing hand hold, tch R to L placing hands on your own hips as you push R knee across L, cl R as you push L knee across R/cl L as you push R knee across L, cl R as you push L knee across R;
- 4 - Fwd L trng ½ RF, rec R, fwd L/lk RIB of L, fwd L (bk R, rec L, fwd R/lk LIB of R, fwd R);

PART B (CON'T)**5 - 8 BOTH TURN LADY INTO 4 SLOW TURNING HIP BUMPS; M CUCARACHA TO "L" SHAPE; 2 SLOW CROSS SWIVELS M HIP ROCKS TO; SIDECAR BACK SHLDR TO SHLDR TO BFLY;**

- (1234) 5 - Fwd R trng ½ LF, rec, L, fwd R/lk LIB of R, fwd R (fwd L trng ¼ RF, rec R, fwd L twd LOD trng ¼ RF, rec R);
 (1234) 6 - Sd L, rec R, cl L to R/cl R, cl L (fwd L twd WALL trng ¼ RF, rec R, fwd L twd RLOD trng ½ RF, rec R);
 1-3- 7 - Sd R trng LF leading W fwd,-, sd L leading W fwd trng RF (fwd L LOD, swvl ½ LF, fwd R RLOD, swvl ½ RF) to loose SDCR POS M FCING DRW;
 8 - Bk R LOD, rec L trng LF sd R/cl L to R, sd R (fwd L LOD outsd ptr, rec R, trng LF sd L/cl R to L, sd L) blend to BFLY WALL;

INTERLUDE**1 - 4 THERE AND BACK;; NO HANDS DOUBLE CUBAN; CLOSE & BODY RIPPLE SHAKE R HANDS;**

- 1 - Cl L to R, cl R, run bk L/R, L (cl R to L, cl L, run bk R/L, R) to end fcng M still WALL but now 6 to 8 feet apart
 2 - Bk R, rec L, run fwd R/L, R (bk L, rec R, run fwd L/R, L) to end fcng with nothing touching;

NOTE: "There & Back" is a very basic ballroom figure our activity never seemed to pick up. After you run back 3, you are "there" so to speak, and of course when you run forward 3 you are "back" having returned to wherever you started the figure from. It's something different and can replace a "Full Basic".

- 1&2&3&4 3 - XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L;
 1--- 4 - Cl R to L placing hands on own hips, as you soften in knees and push hips fwd with shoulders back, start to straighten legs as hips push back and shoulders fwd, cont this movement to straighten legs completely and join R hands;

PART C**1 - 4 OPEN BREAK IN 4 w/ARMS; SHADOW NEW YORKER TO STACK HANDS; X-HAND UNDERARM TURN M TURN L & QK CUCARACHA; TO TURKISH TOWEL BREAKS;**

- 1234 1 - Apt L extending L arm to sd, rec R, sd L extending L arm straight up, rec R;
 2 - Trng RF fwd L RLOD w/L arm extended behind W, rec R trng LF, cont LF trn to fc ptr sd L/cl R to L, sd L (trng LF fwd R RLOD w/L arm extended to sd, rec L trng RF, sd R/cl L to R, sd R) join L hands under R to end stacked hands fcng ptr & WALL;
 3 - Bk R leading W first under joined R hands, then L hands rec L trng ½ LF under joined L hands, sd & bk R twd LOD/rec L, cl R to L (fwd & across L LOD trng RF first under joined R hands, then L hands rec R cont RF trn to fc COH, small sd L/cl R to L, sd L) to end M's VARSOUVIENNE POS FCING COH;
 4 - Bk L w/R sd leading, rec R, sd L/cl R to L, sd L (fwd R w/L sd leading, rec L, sd R/cl L to R, sd R) to end w/W on M's R sd fcng COH hands still joined at shoulder level;

5 - 8 & RELEASE FOR; OPPOSITION SPOT TURN M IN 4 FACE LINE; 2 ALTERNATIVE BASICS;;

- 5 - Bk R w/L sd leading, rec L, releasing hands sd R/cl L to R, sd R (fwd L w/R sd leading, rec R, sd L/cl R to L, sd L) to end w/W on M's L sd fcng COH nothing touching;
 1234 6 - Fwd & across L LOD trng R, rec R cont RF trn to fc COH, sd L twd RLOD cont RF trn, rec fwd R (fwd & across R RLOD trng LF, rec L cont slight LF trn to fc LOD, fwd R/lk LIB of R, fwd R) to end sd by sd fcng LOD nothing touching; **NOTE:** Now same footwork for next 4 measures.
 7 - Cl L to R, cl R, twd COH sd L/cl R to L, sd L;
 8 - Cl R to L, cl L, twd WALL sd R/cl L to R, sd R still sd by sd fcng LOD nothing touching;

9-12 ROCK FORWARD & RONDE CHASSE; ROCK BACK & HIP TWIST CHASSE; FAN M IN 4 TO FACE SHAKE HANDS; ROLLING OFF THE ARM;

- 9 - Fwd L, rec R ronde L ft CCW sd & bk, XLIF of R/small sd R, sd L;
 10 - Bk R, rec L trng hips LF, XRIF of L/trng hips RF cl L to R, sd R still sd by sd fcng LOD nothing touching;
 1234 11 - Fwd L LOD, fwd R, cl L to R, sd R twd WALL (fwd L LOD, fwd R trng LF, cont LF trn bk L/lk RIF of L, bk L) to end fcng ptr & LOD w/R hands joined;
OPTION: On 2nd step of Fan, M can spin 1 full LF trn on R ft, then close & step sd R twd Wall to join R hands.
 12 - Apt L, rec R comm RF trn, cont RF trn small fwd L/cl R to L, sd L while leading W to trn L in crook of R arm (apt R, rec L comm LF trn, cont LF trn small fwd R/cl L to R, sd R into M's R arm) to end in skaters pos FCING WALL;

PART C (CON'T)**13-16 HANG ON FACE LINE L OVER R; BREAK APART FOR THE ARM CIRCLES;; SIT LINE HOLD,-, RECOVER TOUCH TO BFLY,;**

- 13 - Wheel ½ RF fwd R, L to fc COH, cont RF trn small sd & fwd R/cl L to R, fwd R as you take L arm over W's head (wheel ½ RF bk L, R, cont RF trn fwd L/cl R to L, sd & bk L rolling off M's R arm while going under his L arm) to end fcng hands stacked L over R M FCING LOD;
- 1234 14 - Apt L, XRIF of L, almost cl to R comm RF trn leading W under L arm, in place R completing ¼ RF trn to fc WALL leading W under R arm (rk apt R, rec L, fwd R trng ½ LF under L arm, cont LF trn under R arm small sd L completing ¾ LF trn) to end fcng hands now stacked R hands high over L hands low M FCING WALL;
- 5678 15 - Making a full turn to the R in place L trng under R arm, then in place R trng under L arm to have hands now stacked L hands high over R hands low, in place L leading W under L arm, in place R leading W under R arm (in place R, L, making a full turn to the L in place R trng under L arm, then in place L trng under R arm) to end hands stacked low R over L M FCING WALL;
- 1-3- 16 - Bk L softening L knee touching bk of R knee in sit line w/R ft pointed fwd twds ptr hands still stacked R over L, hold, rec R, tch L to R and blend to BFLY WALL;

PART A**INTERLUDE****PART C****PART A****ENDING****1 - 4 OPEN BREAK & WRAP FACE RLOD M IN 4; WHEEL 2 & CHA TO LINE; 4 COUNT TWIRL THE LADY TO HAMMERLOCK M CHECK; ROCK & SLIDE BK TO BK w/LADIES R ARM LOOP;**

- 1234 (123&4) 1 - Apart L, rec R, raise lead hands to lead W under comm RF trn fwd L, cont RF trn cl R to L (apart R, rec L, trng LF under joined lead hands fwd R/cl L to R, cont LF trn small sd R) to WRAP POS RLOD;
NOTE: Now same footwork through end of dance.
- 2 - Wheel ¼ RF fwd L, wheel ¼ RF fwd R to fc LOD fwd L/lk RIB of L, fwd L (wheel RF small bk L, R to fc LOD, fwd L/lk Rib of L, fwd L) still in WRAP POS now FCING LOD;
- 1234 3 - Fwd R raising lead hands to lead W under, fwd L, fwd R, fwd L checking (fwd R comm RF trn, fwd L trng almost 1 full RF trn, cont RF trn fwd R, fwd L trng ½ RF to fc RLOD completing 1 ½ RF trn) then lower lead hands in front of M w/trailing hands joined behind W's back to brief hammerlock pos M fcng LOD & W RLOD;
- 4 - Bk R, rec L raising lead hands again, taking W's R arm over your head and down again behind W as you slide bk to bk small sd R/cl L to R, sd R (bk R, rec L, as R arm loops over M's head slide bk to bk small sd R/cl L to R, sd R) to end all hands joined low behind backs M fcng LOD on outside of circle W fcng RLOD on inside of circle;

5-7+ ROCK BACK & SLIDE w/M'S R ARM LOOP TWICE;; ROCK & CHA BK TO BK IN PLACE; (R FOOT) DISCO LUNGE,

- 5 - Bk L looking at ptr, rec R, slide bk to bk as you take R arm over W's head & down in front of W small sd L/cl R to L, sd L to end M back on inside of circle still fcng LOD W fcng RLOD on outside of circle;
- 6 - Bk R looking at ptr, rec L, slide bk to bk as you take R arm over W's head & down behind your back small sd R/cl L to R, sd R) to end M on outside of circle still fcng LOD W fcng RLOD on inside of circle;
- 7 - Bk L looking at ptr, rec R, slide bk to bk small sd L/cl R to L, cl L;
- 1 + - Sd lunge R twd WALL (COH) to look at ptr hands still joined behind backs M fcng LOD & W RLOD hold,

NOTE: Timing on side of the measure is standard 123&4 unless noted and refers to actual weight changes.