

So You Think 4-Hers Can Dance?

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The Cha-Cha Slide - How To Cha-Cha Real Smooth

"TO THE LEFT NOW": GRAPEVINE LEFT WITH TOUCH

1,2 Step LEFT to left side; Cross RIGHT behind Left
3,4 Step LEFT to left side; Touch RIGHT beside Left

"TAKE IT BACK NOW": STROLL BACK WITH TOUCH

1,2 Step back RIGHT; Step back LEFT
3,4 Step back RIGHT; Touch LEFT beside Right
(Option: try mashed potato steps back, or a rolling turn back)

"ONE HOP THIS TIME": HOP FORWARD

1 Hop forward on Right, hitching LEFT
(Option: if you don't like to hop you can scoot forward on both feet. The number of hops Casper will ask you to do will vary throughout the song)

"RIGHT FOOT LET'S STOMP": RIGHT STOMP FORWARD

1 With weight on Left stomp RIGHT forward
(Option: you can spread your arms to add attitude with each stomp)

"LEFT FOOT LET'S STOMP": LEFT STOMP FORWARD

1 With weight on Right stomp LEFT forward
(Option: you can spread your arms to add attitude with each stomp. The number of stomps Casper will ask you to do will vary)

"NOW CHA-CHA": JAZZ BOX (WITH ATTITUDE)

1,2 Cross RIGHT over Left; Step back LEFT
3,4 Step RIGHT to right side; Step forward LEFT
(Option: you can do mambo rocks, or anything else you feel fits. Casper will ask you twice or more so keep listening)

"TURN IT OUT" OR "LET'S GO TO WORK": ¼ TURN LEFT INTO GRAPEVINE RIGHT WITH TOUCH

1 Make ¼ turn left stepping RIGHT to right side
2-4 Cross LEFT behind Right; Step RIGHT to right side; Touch LEFT beside Right

"CLAP": HAND CLAPS

1-16 Clap your hands in time with the music
(Option: some people like walk around while doing their claps)

"KRIS KROSS": JUMP APART, JUMP & CROSS

1,2 Jump feet apart; Jump feet together crossing RIGHT over Left

The Cotton Eyed Joe

Traditional Partner Style

- Pairs around the room, progressing counter-clockwise.
- Man stands on inside, woman on outside.
- Both face line-of-dance.

- Another variation is to link arms with others & form rows that circle around the room, similar to the spokes of a wheel.

Cape position:

man's right hand holds woman's right hand just outside her right shoulder, man's left hand holds woman's left hand in front of his left shoulder.

With weight on right foot:

1. cross left foot over right
2. kick out with left foot
3. polka steps going backwards left-right-left
4. cross right foot over left
5. kick out with right foot
6. polka steps going backwards right-left-right
7. cross left foot over right
8. kick out with left foot
9. polka steps going backwards left-right-left
10. cross right foot over left
11. kick out with right foot
12. polka steps going backwards right-left right
13. polka steps going forward left-right-left
14. polka steps right-left-right