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**The Cha-Cha Slide**

Dynamic Warm-up Dance | Music by Mr. C [[iTunes Link](https://itunes.apple.com/us/album/cha-cha-slide-original-live-platinum-band-mix/id1192548789?i=1192548949)]

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| **Music Cue** | **Movement** |
| Clap Your Hands | Clap to the beat. |
| To the Left | Side-step (or grapevine step) to the L, stepping to the beat. |
| Take It Back Now, Y’all | Walk backwards, stepping to the beat. |
| [#] Hop(s) This Time | Jump forward with 2 feet the designated number of times, landing the jump on the song’s “hop” sound. |
| [R or L] Foot, Let’s Stomp / [R or L] Foot [#] Stomps | Lift R or L foot and place back on the floor in the same spot the designated number of times. |
| Cha Cha | Step forward with the R, rock back onto the L. (Counts 1-2)Quick 3-step: R-L-R. (Counts 3-&-4)Step forward with the L, rock back onto the R. (Counts 5-6)Quick 3-step: L-R-L. (Counts 7-&-8) |
| Turn It Out | Pivot ¼ turn to face the next wall.  |
| Slide to the [L or R] | Step to the L or R, allowing the trailing leg to slide out to the side.Arms shoot out to the sides diagonally. The arm on the same side as the stepping foot is higher. |
| Criss Cross | Jump and land on 2 feet with the R in front of the L, then jump feet back out. The next time you hear this cue, repeat with the L foot landing in front. |
| Hands On Your Knees | Crouch forward with hands on knees, bouncing knees to the beat. |
| How Low Can You Go | Sink lower and lower into a crouch, going down a bit more on every beat. |
| Can You Bring It to the Top | Raise your body higher and higher to stand back up straight, going up a bit more on every beat. |
| Reverse Reverse | Do whatever movement came just before the cue, but backwards (i.e., hop backwards instead of forwards, slide back the other way). |
| Charlie Brown | Jump with 2 feet forward, backward, L and R while nodding your head from side to side. |