

**ACTIVITY CARD**

**The Cha-Cha Slide**

Dynamic Warm-up Dance | Music by Mr. C [[iTunes Link](#)]

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.