**The Cha-Cha Slide with a Basketball**

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)]

|  |  |
| --- | --- |
| **Music Cue** | **Movement** |
| Clap Your Hands | Pass the basketball back and forth between each hand. |
| To the Left | Dribble the basketball and side-step to the L, stepping to the beat. |
| Take It Back Now, Y’all | Walk backwards, dribbling 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. As you jump, pretend to shoot the basketball.  |
| [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 | While dribbling the basketball: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.While you slide, dribble the ball to the side toward which you are sliding. |
| Criss Cross | Dribble the ball from one hand to the other.  |
| Hands On Your Knees | Move the ball around your knees in a circle. |
| How Low Can You Go | Sink lower and lower into a crouch, going down a bit more on every beat while continuing to dribble.  |
| 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 while continuing to dribble.  |
| Reverse Reverse | Move the ball around your body once.  |
| Charlie Brown | Dribble the ball between your legs from one hand to the other. |