

## ONLINE CHA CHA TEACHING VIDEOS

The Cha-Cha or Triple Mambo is basically a triple rhythm **Mambo** (*3 step rhythm to two beats of music, usually slower*) done in 4/4 time, around 126 beats per minute. The dance may have been introduced to the world by a British dance teacher '**Pierre Leville**' who noticed that the Rumba was occasionally danced with a couple of extra steps. He brought the idea back with him to Europe around 1952. Music wise in 1953 the Cuban dance orchestra "**America**" in Havana, started playing the Danzon' with a new syncopated beat, which sounded like a slow mambo. Later it was learned in 1954 that

**Enrique Jorrin**, also of the band "America," was said to create the full version of the Cha-Cha back in 1948 by mixing the Danzon and Montuno music together while touring in the U.S. (some say Mexico). Basically he just called the dance cha-cha after the shuffle he heard in the music. The Cha-Cha and **Rumba** are related to the Mambo (*salsa*) Dance.

Cuban **Mambo** dancers would add a slight triple hip movement to this syncopation which eventually was replaced by a triple step rhythm. The Cha-Cha was introduced to the United States in 1954 and by 1959 the U.S. was Cha-Cha crazy. The Cha Cha has the same rhythm as the **Lindy** (*8 counts*) such as 1-2/3&4/5-6/7&8. The words Cha-Cha hail from certain plants, producing seed pods in the West Indies called Cha-Cha (*in Spanish means nursemaid.*) These seed pods are used to make a small rattle called a Cha-Cha (maracas.) This instrument is used kind of like a metronome by certain bands.

The **Guaracha** was a Theater dance originating in the late 1800's from Cuba or Spain, and was done in 3/8 time. It was danced by one person, accompanied by the guitar which some report was the precursor to the Cha-Cha. There are Sheet Music covers and a few stage plays done in the 1930's which may have some connection to the Cha-Cha as well. Cha-Cha became popular around 1955 in the USA.

The Cha Cha is a spot dance and is expressed though body animation.

The character is fun, flirty, playful

The style or technique used is cuban motion and syncopated steps.

In America, Cha Cha starts on the "two" beat.

The timing is: two - three - four - and - one

Cha Cha shares many of the same steps as Mambo or Salsa with the cha cha triple step thrown in.

Beginner

<http://youtube.com/watch?v=2l25Oh4A5qY>

<http://www.learntoballroomdanceonline.com/public/department36.cfm>

<http://youtube.com/watch?v=uwWEACn3Vbc>

<http://youtube.com/watch?v=DC1kS80sNQU>

<http://youtube.com/watch?v=dOahDKfKWYo>

Technique

<http://youtube.com/watch?v=uOroZ47kj7U>

Basic Bronze Level

<http://youtube.com/watch?v=wS5xSOEJqZw&feature=related>

Cross-Body Lead

<http://youtube.com/watch?v=mR-RPAQloJA>

Advanced Steps & Routines

[http://youtube.com/watch?v=Uc\\_jOljHgWI](http://youtube.com/watch?v=Uc_jOljHgWI)

<http://youtube.com/watch?v=2Ngz4hPC328>

<http://youtube.com/watch?v=iytkr4h7oRM>

Videos can be useful, but you are likely to acquire much more expertise by attending a few dance classes, either at one of the Senior Centers or at one of the local dance studios. Dance class resources are listed near the end of the attached "DANCE SCHEDULE". In Kingsport, the Senior Center's Ballroom Class meets every Friday evening, 5:00-6:30, in the cafeteria. There is no charge for these classes if you are a member of the Kingsport Senior Center.

## References

- [USDBA.org](http://USDBA.org) - [International Latin Syllabus](#)
- [- Description of latin dances and some of the steps](#)
- Laird, Walter *The Laird Technique of Latin Dancing*. 2003 hb, 222 pages, International Dance Publications Ltd. [ISBN 0-900326-21-2](#).
- [Cha-cha-cha Videos](#) - videos of Cha-cha-cha performances