

MOV'IN IT CHA

RELEASED: NOVEMBER 2009
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OR 97230, Email: helmscallr@aol.com 503-66-1967
MUSIC: STAR 193 Ross Mitchell, iTunes download
TIME/SPEED: 2:56 @ 45rpm
FOOTWORK: Opposite unless noted (Woman's in parentheses)
RHYTHM/PHASE: Cha Cha RAL Phase IV
DEGREE OF DIFFICULTY: AVG
SEQUENCE: INTRO, A, B, C, INTLD, A, B, C, D, C, END

INTRO

- 1-4 **WAIT 2 MEAS BFLY WALL;; TRAVELING DOORS;;**
1-2 Bfly Wall wait 2 meas;;
3-4 Rk sd L, rec R, XLIF of R sd R, XLIF of R; Rk sd R, rec L, XRIF of L sd L,
XRIF of L;

PART A

- 1-4 **ALEMANA;; LARIAT;;**
1-2 Fwd L, rec R, sd L/cl R, sd L; rk bk R(W XLIF of R trng ½ RF under jnd lead
hnds, rec R cont RF trn to fc ptr, sd L/cl R, sd L moving twd M's R sd);
3-4 With lead hnds jnd sd L, rec R, in plc L/R, L(W moving CW arnd M on his R
sd fwd R, fwd L, fwd R/cl L, fwd R); sd R, rec L, in plc R/L, R(W cont CW arnd
M fwd L, fwd R, fwd L/cl R, fwd L);
- 5-8 **NEW YORKER; UNDERARM TRN; SHOULDER SHOULDER TWICE;;**
5-6 XLIF of R to RLOD, rec R to fc, sd L/cl R, sd L; Bk R raising jnd hnds, rec L,
sd R/cl L, sd R(W XLIF of R trng ½ RF under jnd lead hnds, rec R cont RF trn to
fc ptr, sd L/cl R, sd L);
7-8 Fwd L to SCAR BFLY, rec R, sd L/cl R, sd L; fwd R to BJO BFLY, rec L,
sd R/cl L, sd R;

PART B

- 1-4 **½ BASIC; WHIP TRN; ½ BASIC; WHIP TRN;**
1-4 Fwd L, rec R, sd L/cl R, sd L; bk R trng ¼ LF, rec fwd L trng ¼ LF(W fwd L,
fwd R trng ½ LF), sd R/cl L, sd R; Repeat meas Part B 1& 2 end fc wall;;
- 5-8 **CHECKS FORWARD & BACK;; TIME STEPS TWICE;;**
5-6 No hands Rk fwd L, rec R, bk L, rec R; rk fwd L, rec R, bk L, rec R;
7-8 XLIF of R, rec R, sd L/cl R sd L; XRIF of L, rec L, sd R/cl L sd R;

PART C

- 1-4 **½ BASIC; FACING FAN; RK FWD 3 BK CHAS;;**
1-4 Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, small sd R/cl L, sd R trng ¼ to fc LOD(W fwd L, trng LF small bk R, fcg RLOD bk L/lk R, bk L); rk fwd L, rec R, bk L/lk R, bk L; bk R/lk L, bk R, bk L/lk, R bk L;
- 5-8 **RK BK(W TRN) 3 FWD CHAS;; 2 DIAG CUCARACHAS;;**
5-8 Rk bk R, rec L(W fwd L, trng ½ fc LOD Tandem rec R), fwd R/lk L, fwd R; fwd L/lk R, fwd L, fwd R/lk, L fwd R; sd L, rec R, cl L/in plc R, in/plc L; sd R, rec L, cl R/in plc L, in/plc R;

INTERLUDE

- 1-4 **SLIDING DOOR; RK SD REC CHA TO FC; ½ BASIC; WHIP TRN;**
1-2 Rk apt L, rec R, XLIF/ sd R, XLIF LOP LOD; sd R, rec L trng ¼ LF, sd R/cl L, sd R to fc BFLY CTR;
3-4 Repeat meas 3 & 4 Part B end BFLY WALL;

PART D

- 1-4 **CIRCLE AWAY & TOG CHAS;; SHOULDER TO SHOULDER TWICE;;**
1-2 Circle LF fwd L, fwd R, fwd L/cl R, fwd L; cont LF trn fwd R, fwd L, fwd R/cl L, fwd R to fc ptr wall; Repeat meas 7 & 8 Part A;;
- 5-10 **SPOT TRN 2X;; UMBRELLA TRNS;;;;**
5-6 XLIF of R trn RF/COH, rec R cont trn RF to fc ptr & WALL, sd L/cl R, sd L ending in BFLY/WALL; XRIF of L trn LF/COH, rec L cont trng LF to fc ptr & WALL, sd R/cl L, sd R to a L HAND STAR;
7-8 Fwd L, rec R, bk L/cl R, bk L(Bk R, rec L trng ½ LF, bk R/cl L, bk R); bk R, rec L, fwd R/cl L, fwd R(bk L, rec R trng ½ RF, bk L/cl R, bk L); Repeat meas 7 & 8 Part D;;
- 11-16 **NEW YORKER; CRAB WKS;; NEW YORKER; CRAB WKS TO REV;;**
11-13 XLIF of R twd RLOD, rec R to fc, sd L/cl R, sd L; XRIF of L, sd L, XRIF of L/sd L, XRIF of L; sd L, XRIF of L, sd L/cl R, sd L;
14-16 XRIF of L twd LOD, rec L BFLY, sd R/cl L, sd R; XLIF of R, sd R, XLIF of R/sd R, XLIF of R; sd R, XLIF of R, sd R/cl L, sd R;

END

- 1-4 **SLIDING DOOR; RK SD REC CHA TO FC; ½ BASIC; WHIP TRN;**
1-4 Repeat meas 1-4 Interlude;;;;
- 5-8 **NEW YORKER; UNDERARM TRN; SHOULDER SHOULDER; FWD REC SD PT;**
5-8 Repeat meas 5-7 Part A;;; fwd R to BJO BFLY, rec L, sd R, pt L;