

BLA BLA CHA CHA 3

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MUSIC: Bla Bla Cha Cha Artist: Don Tiki South Of The Boudoir Download Length 3:31 from Amazon Note: Music is modified cut 1:12.9 from the beginning.

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Phase 3 + 2 Cha (Alemana, & Triple Cha)

SEQUENCE: Intro-AB-Interlude-A-End Released Jan 26, 2024

INTRO

1-5 OPEN LOD WITH LEAD FEET FREE; SLIDING DOOR; TWICE; CIRCLE AWAY & TOGETHER; BFLY WALL;

- 1 [Starting Pos] OP LOD with ld ft free;
- 2-3 [Sliding Doors] Rk sd L, rec R, slide bhnd W XLif R/sd R, XLif of R; Rk sd R, rec L, slide bhnd W XRif of L/sd L, XRif of L;
- 4-5 [Circle Awy & Tog] Circle CCW (CW) fwd L twds COH, fwd R, fwd L/cl R, fwd L trn to fc ptr & wll; Twds ptr & Wll fwd R, fwd L, fwd R/cl L, fwd R blend to BFLY/Wll;

PART A

1-8 OPEN BREAK; WHIP BFLY/COH; NEW YORKER; SPOT TURN; FORWARD & BACK BASIC;; CHASE WITH UNDERARM PASS;;

- 1-2 [Op Break & Whip] Rk apt L to LOP Pos while extending free arm up & out with palm out, rec R, sd L/cl R, sd L; Bk R ldg W fwd start ½ LF trn, rec L comp LF trn, sd R/cl L, sd R (Fwd L with L shldr ldg, fwd R trng ½ LF, sd L/cl R, sd L) blend BFLY COH;
- 3-4 [New Yorker & Spt Trn] Rel trail hnds ck thru L, rec R trng ¼ LF to fc ptr & wall, sd L/cl R, sd L; Swivel ¼ LF on L fwd R twd LOD trn ¼ LF, rec L trn ½ fc ptr & COH, sd R/cl L, sd R;
- 5-6 [Fwd & Bk Basic] Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R;
- 7-8 [Chase With Underarm] Keeping ld hnds jnd fwd L trn ½ RF, rec R, twds WALL fwd L/cl R, fwd L; Bk R raise jnd ld hnds leading W to trn LF, rec L, sd R/cl L, sd R blend to BFLY WALL (Bk R, rec L, fwd R/cl L, fwd R; Fwd L, fwd R trn ½ LF under jd ld hnds, sd L/cl R, sd L blend to BFLY COH);

9-16 ALEMANA; INTO; A LARIAT;; REVERSE UNDERARM TURN; CRAB WALKS;; FENCE LINE;

- 9-10 [Alemana] Fwd L, rec R, bk L/cl R, bk L; Ld W to trn RF under ld hnds bk R, rec L, in pl R/L, R (Bk R, rec L, fwd R/cl L, fwd R start a full RF trn; Fwd L cont trn, rec R comp RF trn fc ptr & COH, sd L/cl R, sd & fwd L to R sd of M);
- 11-12 [To A Lariat] Description not in accordance with RAL standards. Ld W to a RF circle around M rk sd L, rec R, in pl L/R, L; Bk R, rec L, sd R/cl L, sd R (Circle Man CW fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R to fc, sd L/cl R, sd L);
- 13-16 [Rev Underarm Trn & Crab wlks] Ld W to trn LF under ld hnds XLif of R, rec R, sd L/cl R, sd L (Under ld hnds swvl LF ¼ on L fwd R to RLOD trng ¼ LF, rec L trn ½ LF to fc, sd R/cl L, sd R); XRif of L, sd L, XRif of L/sd L, XRif of L; Sd L, XRif of L, sd L/cl R, sd L;
 [Fence Line] X lunge thru to LOD R looking twd LOD, rec L to fc ptr, sd R/cl L, sd R;

PART B

1-8 PEEK A BOO DOUBLE CHASE;;;;;;

Part B continued

1-8 [Peek A Boo Double Chase] Fwd L trn ½ RF, rec R, fwd L/cl R, fwd L; Sd R look L, rec L, in pl R/L, R; Sd L look R, rec R, in pl L/R, L; Fwd R trng ½ LF, rec L, fwd R/cl L, fwd R; Sd L look R, rec R, in pl L/R, L; Sd R look L, rec L, in pl R/L, R; Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R (Bk R, rec L, fwd R/cl L, fwd R; Sd L look R, rec R, in pl L/R, L; Sd R look L, rec L, in pl L/R, L; Sd L look R, rec R, in pl L/R, L; Fwd L trn ½ RF, rec R, fwd L/cl R, fwd L; Sd R look L, rec L, in pl R/L, R; Sd L look R, rec R, in pl L/R, L; Fwd R trn ½ LF, rec L, fwd R/cl L, fwd R; Fwd L, rec R, bk L/cl R, bk L);

PART A 9-16

9-16 ALEMANA; INTO; A LARIAT;; REVERSE UNDERARM TURN; CRAB WALKS;; FENCE LINE;

INTERLUDE

1-6 BREAK BACK TO OPEN WITH TRIPLE CHAS;; FORWARD TURN IN TO BACK TRIPLE CHAS;; BACK BASIC TO BFLY WALL; CUCARACHA;

1-2 [Break Bk To Fwd Triple Chas] Swvl ¼ LF on R bk L, rec R, down LOD fwd L/cl R, fwd L; Fwd R/cl L, fwd R, fwd L/cl R, fwd L;

3-4 [Fwd Trn In To Bk Triple Chas] Fwd R, fwd L trng ½ RF, bk R/cl L, bk R; Bk L/cl R, bk L, bk R/cl L, bk R;

5-6 [Bk Basic & Cucaracha] Bk L, rec R, fwd L/cl R, fwd L trng ¼ LF to fc ptr & WALL; Sd R, rec L, in pl R/L, R;

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END

1-5+ CHASE MAN TURN; BOTH TURN; BOTH TURN TO TANDEM COH INTO; 4 FWD CHAS;,, STOMP, HOLD QUICK CUCARACHA „,

1-3 [Chase] Keeping eye contact with ptr rel hnds fwd L trng ½ RF to tandem Man in frnt of W, rec R, fwd L/cl R, fwd L; Fwd R trng ½ LF to tandem now W in front of Man, rec L, fwd R/cl L, fwd R; Fwd L trng ½ RF to tandem Man in frnt of W, rec R, fwd L/cl R, fwd L (Bk R, rec L, fwd R/cl L, fwd R; Fwd L trng ½ RF to tandem W in front, rec R, fwd L/cl R, fwd L; Fwd R trng ½ LF to fc COH, rec L, fwd R/cl L, fwd R);

4-5+ [Fwd Chas + Ending] Fwd R/L, R, Fwd L/R, L; fwd R/L, R, stomp L taking weight, hold; Sd R/rec L, cl R (Fwd L/R, L, fwd R/L, R; Fwd L/R, L, stomp R taking weight, hold; Sd L/rec R, cl L),

QUICK CUES FOR BLA BLA CHA CHA 3

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