

SWEET SARAH CHA

Composer: Kristine and Bruce Nelson, 823 S. Charles, Naperville, IL 60540 (708) 527-1188
Record: CEM 37040A (Sarah's Cha) or Grenn 14247A (Tico Tico Cha Cha) 43 rpm (or to suit)
Rhythm/Phase: Cha Cha / III +2 (Alemans, Peek-a-Boo Chase) +1 Unphased (New Yorker in 4)
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: INTRO, A, B, A, B[1-15], ENDING

INTRO

1 – 4 [Tandem Wall] WAIT;; PEEK-A-BOO; M BK, REC, SD CHA (W TURN, REC, SD CHA) BFLY;

- 1-2 Tandem position both facing Wall (M left foot (W right foot) free) Wait;;
3-4 Rk sd L looking to right (W Sd R looking over left shoulder), rec R, in plc L/R. L; bk R, rec L, sd R/cl L, sd R (W fwd L trng ½RF, rec fwd R. sd L/cl R, sd L) to BFLY;

PART A

1 – 4 SHOULDER to SHOULDER twice;; NEW YORKER; [Start] CRAB WALKS;

- 1-2 XLIF SCAR/ROD (W XRIB), rec R to fc, sd L/cl R, sd L; XRIF BJO/LOD (W XLIB), rec L to fc, sd R/cl L, sd R;
3-4 Thru L to LOP/ROD, rec R to BFLY, sd L/cl R, sd L; XRIF, sd L, XRIF/sd L, XRIF;

5 – 8 [Finish] CRAB WALKS; SPOT TURN; OPEN BREAK; WHIP;

- 5-6 Sd L, XRIF, sd L/XRIF, sd L; XRIF, trn LF (W RF) rec L cont turn to fc, sd R/cl L, sd R;
7-8 Apt L extend R hand up, rec R, sd L/cl R, sd L; bk R trng ¼LF, rec fwd L cont LF trn ¼, sd R/cl L, sd R (W fwd L outside M's left side, fwd R trng ½LF, sd L/cl R, sd L) to end BFLY/COH;

9 – 16 REPEAT PART A MEAS 1-8 STARTING COH & ENDING BFLY WALL;:::;;

PART B

1 – 4 NEW YORKER IN 4; NEW YORKER; NEW YORKER IN 4; NEW YORKER;

- 1-2 Thru L to LOP/ROD, rec R to fc, sd L, rec R; thru L to LOP/ROD, rec R to BFLY, sd L/cl R, sd L;
3-4 Thru R to OP/LOD, rec L to fc, sd R, rec L; thru R to OP/LOD, rec L to BFLY, sd R/cl L, sd R;

5 – 8 ALEMANS;; LARIAT;;

- 5-6 Fwd L, rec R. sd L/cl R, sd L; bk R, rec L. sd R/cl L, sd R (W circ under M's L W's R hnd fwd L XIFR trn RF, fwd R cont trn, sd L/cl R, sd L to fc COH at M's R sd);
7-8 Sd L, rec R, cl L/R, L; sd R, rec L, cl R/L. R; (W circ clockwise around M fwd R, fwd L, fwd R/cl L, fwd R; fwd L, fwd R. fwd L/cl R, sd L) to BFLY/Wall;

9 – 12 NEW YORKER IN 4; NEW YORKER; NEW YORKER IN 4; NEW YORKER;

- 9-12 Repeat Part B Meas 1-4;::;

13-16 CHASE to Tandem;; PEEK-A-BOO; M BK, REC, SD CHA (W TURN, REC, SD CHA) BFLY;

- 13-14 Fwd L trng ½RF (W bk R), rec fwd R (W rec fwd L), fwd L/cl R, fwd L; fwd R trng ½LF (W fwd L trng ½RF), rec fwd L (W rec fwd R), fwd R/cl L, fwd R to Tandem/Wall;
15-16 Rk sd L looking to right (W Sd R looking over left shoulder), rec R, in plc L/R, L; bk R. rec L, sd R/cl L. sd R (W fwd L trng ½RF, rec fwd R. sd L/cl R, sd L) to BFLY;

ENDING

1 Rk SD, CHA/CHA, POINT, -;

- 1 Sd R, rec L/cl R, point L sd LOD, hold (W Rk Sd L. rec R/cl L, point R sd RLOD, hold);
[Note arm movements for man and woman: on recover/close cross hands in front at chest height, on point extend arms to side at shoulder height palms to floor i.e. 'SAFE' & hold]

Sweet Sarah Cha



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RECORD: CEM 37040A (Sarah's Cha) or Grenn 14247A (Tico Tico Cha Cha)

FOOTWORK: Opposite-directions for Man except where noted

SPEED: 43 rpm (or to suit)

PHASE: III +2 Cha Cha (Alemana, Peek-a-Boo Chase) +1 Unphased (New Yorker in 4)

SEQUENCE: INTRO, A,B,A,B1-15, ENDING

Meas: INTRODUCTION

1-4 (Tandem Wall) WAIT:: PEEK-A-BOO; M BK,REC,SD CHA (W TURN,REC,SD CHA) BFLY:

1-2 Tandem position both facing Wall (M left foot(W right foot) free) Wait::

3-4 Rk sd L looking to right(W Sd R looking over left shoulder), rec R, in plc L/R, L; Bk R, rec L, sd R/cl L, sd R (W fwd L trng 1/2 RF, rec fwd R, sd L/cl R, sd L) to BFLY;

PART A

1-4 SHOULDER to SHOULDER twice:: NEW YORKER; (Start) CRAB WALKS:

1-2 XLif SCAR RLOD(W XRIb), rec R to fc, sd L/cl R, sd L; XRIif BJO LOD(W XLib), rec L to fc, sd R/cl L, sd R;

3-4 Thru L to LOP RLOD, rec R to BFLY, sd L/cl R, sd L; XRIF, sd L, XRIF/sd L, XRIF;

5-8 (finish) CRAB WALKS: SPOT TURN: OPEN BREAK: WHIP:

5-6 Sd L, XRIif, sd L/XRIif, sd L; XRIif, trn LF(W RF)rec L cont turn to fc, sd R/cl L, sd R;

7-8 Apt L extend R hand up, rec R, sd L/cl R, sd L; Bk R trng 1/4 left fc, rec fwd L cont left fc trn 1/4, sd R/cl L, sd R (W fwd L outside M's left side, fwd R trng 1/2 left fc, sd L/cl R, sd L) to end BFLY COH;

9-16 Repeat Part A meas 1-8 starting COH & ending BFLY Wall:::

PART B

1-4 NEW YORKER IN 4: NEW YORKER; NEW YORKER IN 4: NEW YORKER;

1-2 Thru L to LOP RLOD, rec R to fc, sd L, rec R; Thru L to LOP RLOD, rec R to BFLY, sd L/cl R, sd L;

3-4 Thru R to OP LOD, rec L to fc, sd R, rec L; Thru R to OP LOD, rec L to BFLY, sd R/cl L, sd R;

5-8 ALEMANA:: LARIAT::

5-6 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R (W circ under M's L W's R hd fwd L Xif of R trn RF, fwd R cont trn, sd L/cl R, sd L to fc COH at M's R sd);

7-8 Sd L, rec R, cl L/R, L; Sd R, rec L, cl R/L, R; (W clrc clockwise around M fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R, sd L) to BFLY Wall;

9-12 NEW YORKER IN 4: NEW YORKER; NEW YORKER IN 4: NEW YORKER;

9-12 Repeat Part B meas 1-4::;

13-16 CHASE to Tandem:: PEEK-A-BOO; M BK,REC,SD CHA (W TURN,REC,SD CHA) BFLY:

13-14 Fwd L trng 1/2 RF(W bk R), rec fwd R(W rec fwd L), fwd L/cl R, fwd L; Fwd R trng 1/2 LF (W fwd L trng 1/2 RF), rec fwd L(W rec fwd R), fwd R/cl L, fwd R to Tandem Wall;

15-16 Rk sd L looking to right(W Sd R looking over left shoulder), rec R, in plc L/R, L; Bk R, rec L, sd R/cl L, sd R (W fwd L trng 1/2 RF, rec fwd R, sd L/cl R, sd L) to BFLY;

ENDING

1 Rk SD,CHA/CHA,POINT.-:

1 Sd R, rec L/cl R, point L sd LOD, hold (W Rk Sd L, rec R/cl L, point R sd RLOD, hold); [Note arm movements for man and woman: on recover/close cross hands in front at chest height, on point extend arms to side at shoulder height palms to floor i.e. "SAFE" & hold]