

BLA BLA CHA CHA

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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 6 Cha

SEQUENCE: Intro-AB-Interlude-A-End Released 7/7/2022 ver1

INTRO

1-5 FACING COH SIDE BY SIDE RIGHT FOOT FREE FOR BOTH LADY ON LEFT SIDE OF MAN,, CROSS & UNWIND FACE WALL; LEFT FORWARD BASIC; ROCK BACK HIP TWIST CHASSE; ROCK FORWARD RONDE CHASSE; BACK BASIC LADY OUT TO FACE IN 4;

- 1** [X & Unwind] Note: Samefoot work for the first 4 meas. Fcg COH sd by sd W to L sd of M arm's length apt wt for down beat,, XRIF of L unwind ½ LF fc wll, - now W to R sd of M;
- 2-3** [Fwd Basic Hip Twist Chasse] Fwd L, rec R, bk L/XRIF of L, bk L; Bk R, rec L, fwd R XIF of L swvl hips ¼ LF/cl L to R swvl ¼ RF fc wll, sd R;
- 4-5** [Ronde Chasse & Bk Basic Ldy In 4] Fwd L, rec R, ronde L CCW XIB of R swvl 1/8 LF/cl R to L swvl RF fc wll, sd L; Bk R, rec L, fwd R/XLIB of R, fwd R (Bk R, rec L, fwd R trn ½ LF, bk L) blend to BFLY WLL;

PART A

1-8 CROSS BASIC CLOSE POS COH;; ADVANCE HIP TWIST INTO; CROSS BODY WITH LADY INSIDE TURN; NEW YORKER INTO; NATURAL TOP INTO; SHOULDER TO SHOULDER BFLY WALL; FENCE LINE SHAKE HANDS;

- 1-2** [X Basic] Fwd L, rec bk R trng ¼ LF, sd L/cl R, sd L; XRIB of L trng ¼ LF, rec fwd L, sd R/cl L, sd R (Bk R, rec fwd L trng ¼ LF, sd R/cl L, sd R; XLIF of R trng ¼ L fc, rec R, sd L/cl R, sd L) Blend CP COH;
 - 3** [Adv Hip Twist] Chk fwd L with RF bdy trn, rec R trng LF, bk L under bdy toe to flat/cl R, with RF bdy trn sd L (Trng RF on L bk R, rec L with LF swvl to bjo, fwd R outsd M's R sd/cl L, swvl RF on L sd R);
 - 4** [Into X Bdy] XRIB of L trng ½ LF, rec L fc wll, ld W to a LF under trn sd R/cl L, sd R (XLIF of R trng ½ LF, rec R fc COH, start a comp LF underarm trn sd L spin/cl R, sd L) LOP WLL;
 - 5** [NY] Swvl ¼ RF on R fwd L twd RLOD with straight leg, rec R to fc ptr start to blend to loose CP, sd & bk L trng RF/cl R, sd L cont RF end FCG DRC (Swvl ¼ LF on L fwd R twd RLOD with straight leg, rec L to fc ptr, sd & fwd R trng RF/cl L to R, sd R end FCG DW);
 - 6** [Nat Top] Cont RF trn XRIB, sd L, XRIB/sd L, small sd R CP Wll (Cont RF trn sd L, XRif, sd L/XRif, sd L);
 - 7** [Shldr To Shldr] Trng RF to SDCAR on R fwd L, rec R to fc, sd L/cl R, sd L blend to BFLY WLL (Trng RF to SDCAR on L bk R, rec L to fc, sd R/cl L, sd R blend BFLY COH);
 - 8** [Fence Line] X lunge thru R to LOD looking twd LOD, rec R to fc ptr, sd R/cl L, sd R (X lunge thru to LOD L looking twd LOD, rec R to fc ptr, sd L/cl R, sd L) jn R hnds;
- 9-16 ADVANCE ALEMANA INTO A TURKISH TOWEL MAN TURN TO FACE RLOD;; WITH ONE TURKISH BREAK; BRING LADY OUT TO FACE; FORWARD BASIC TO L POS MAN FACE WALL; ALTERNATING CROSS BODYS; 3 MEAS; LAST ONE LADY SPIRAL OUT TO FAN;**
- 9-10** [Adv Alemana] Fwd L, rec R, start 1/4 RF trn sd L/cl R, sd L fc RLOD; XRIB of L ld W to RF under trn under jn R hnds, trn RF rec L fc COH, in pl R/cl L, fwd R twds COH trng LF to fcg RLOD (Bk R, rec L, start a ¼ RF trn sml fwd R/cl L, fwd R; Cont 1 ½ RF trn under jn R hnds fwd L, cont trn fwd R, fwd L/cl R, fwd L comp RF trng to end bhnd to L sd of M fcg RLOD jn L hnds in frnt);

Part A continued

- 11 **[Turkish Break]** With R hnds jnd over M's R shldr L hnds jnd in frnt of W bk L, rec R, slide L in frnt of W sd L/cl R, sd L (Fwd R, rec L, slide in bk of M sd R/cl L, sd R) rel L hnds;
- 12 **[Ldy Out To Fc]** Keep R hnds jnd bk R ld W fwd, rec L, fwd R/XLIB of R, fwd & sd R (Fwd L twds RLOD, fwd R trng LF to fc ptr & LOD, bk L/XRIF of L, bk & sd L);
- 13 **[Fwd Basic]** Fwd L, rec R trng ¼ LF fc wll, sd L/cl R, sd L keep R hnds jnd(Bk R, rec L, fwd R/XLIB of R, fwd R fcg LOD);
- 14-15 **[Alternating X Bdy]** Keep R hnds jnd bk R, rec L trn ¼ LF, fwd R fc LOD/XLIB of R, fwd R; Fwd L, fwd R across W spiral ¾ fc WLL sd L/cl R, sd L(Fwd L, fwd R across spiral ¾ fc WLL sd L/cl R, sd L; Bk R, rec L trn ¼ LF, fwd R fc LOD/XLIB of R, fwd R);
- 16 **[Last One To Fan]** Bk R, rec L, trn ¼ LF ld W to spiral in frnt, ck fwd R swvl hips RF chng W's R hnd to connect to M's L hnd/cl L, sd R (Fwd L, fwd R spiral LF a full trn fwd L/cl R trng ½ LF, bk L fc RLOD);

PART B

1-8 ALEMANA TO CP WALL;; 3 CUDDLES;; INTO; REVERSE TOP; CHECKED INTO A NATURAL TOP;;

- 1-2 **[Alemana]** Fwd L, rec R, sd L/cl R, smll sd & bk L ld W to trn RF; Bk R, rec L, smll sd R/cl L, sd R (Cl R, fwd L, fwd R/XLIB of R, fwd R trng ¼ RF fc ptr & COH; Under ld hnds fwd L the bdy trng 5/8 RF, fwd R trn ¼ RF, f wd L trn 1/8 RF/XIB of L, fwd L) blend CP WLL;
- 3-4 **[Cuddles]** With slight RF bdy trn ld W to OP sd L sweep L arm to sd, rec R, cl L/R, L end with both arms around W's bk; With slight LF bdy trn ld W to LOP sd R sweep R arm to sd, rec L, cl R/L, R (Trn RF bk R sweep R arm to sd, rec L, fwd R/cl L, sd R pl R hnd on M's L shldr; Trn LF bk L sweep L arm to sd, rec R, fwd L/cl R, sd L) blend CP fcg ptr & Wll;
- 5-6 **[Cuddle Into Rev Top]** With slight RF bdy trn ld W to OP sd L sweep L arm to sd, rec R to CP WLL, sd L/cl R, sd & fwd L comm LF trn; Cont LF trn sd R, XLIF of R, sd R cont LF trn/XLIF of R, sd R comp trn (Trn RF bk R sweep R arm to sd, rec L to CP COH, sd R/cl L, sd & bk R trng LF; Cont LF trn XLIB of R, sd R, XLIB of R/sd R, XLIB of R comp trn) end fcg ptr & DW;
- 7-8 **[Checked To Nat Top]** Strong XLIF of R chkg SDCAR DW, rec R to CP, sd L trng RF/cl R, sd L to CPRLOD; Cont RF trn XRIB, sd L, XRIB/sd L, small sd R (Sd R, rec L, XRIF of L/sd L, XRIF of L CPLOD; Cont RF sd L, XRIF of L, sd L/XRIF of L, sd L) in CP WLL;

9-16 CLOSED HIP TWIST INTO; CONTINUOUS HIP TWISTS; LADY OUT TO FACING FAN; CHALLENGE CHASE; SHAKE HANDS; FACING HOCKEY STICK OVERTURN FACE WALL;; LADY TURN LEFT TO VARSOUVIENNE WALL MAN TOUCH & SIDE CHA;

- 9 **[Cl Hip Twist]** Fwd L with RF upper bdy trn, rec R fc WLL, small sd L/cl R sd L (Trn RF ½ bk & sd R, rec L trng LF fc M, small sd R/cl L, sd R);
- 10 **[Cont Hip Twists]** Cl R to L/cl L, sd R, cl L/cl R, sd L;
- 11 **[Ldy Out Fc]** Bk R, rec L trn ¼ LF, fwd R fcg LOD/XLIB of R, fwd R (Fwd L, rec R trng ¼ LF, fcg RLOD bk L/XRIF of L, bk L);
- 12-13 **[Challenge Chase]** Fwd L trng ½ R fc, fwd R, cont RF trn 1 ½ L/R, L; Rk bk R, rec L, fwd R/XLIB of R, fwd R (Rk bk R, rec L, fwd R/XLIB of R, fwd R; Fwd L trng ½ RF, fwd R, cont RF trn 1 ½ L/R, L) fcg LOD jn R hnds;
- 14-15 **[Hcky Stick]** Fwd L, rec R bk out slot, cl L/sd R, cl L; Bk R, rec L ld W to trn LF under R hnds, sd R/cl L, sd R fcg ptr & WLL (Bk R, rec L, fwd R/XLIB of R, fwd R; Fwd L, fwd R spiral ¾ LF under R hnds fc ptr & COH, sd L/cl R, sd L);
- 16 **[Ldy Trn]** With jnd R hnds thru L twd RLOD, tch R to L both fc WLL sd R/cl L, sd R (Thru R twds RLOD trng ½ LF fc WLL, cl L, sd R/cl L, sd R) blend to VARSOUVIENNE POS FCG WLL jn L hnds; **Note: Samefoot work for the next 5 meas.**

INTERLUDE

- 1-6 ROCK BACK INTO SHADOW CHASSE ROLL WITH TRIPLE CHAS;; GO TO REVERSE;; ROCK BACK RECOVER FACE WALL & CHA; BACK BASIC LADY OUT TO FACE IN 4;**
- 1-4 [Chasse Rolls] Note: Hands are optional for next 4 measures.**
Rk bk L, rec R to fc WLL, down LOD sd L/cl R, sd & fwd L trng RF rel R hnds bring L hnds over W's head fc COH; Sd R rel L hnds/cl L, jn R hnds sd R trng RF bring R hnds over W's head fc Wll, sd L jn L hnds/cl R, sd L; In L Varsouvienne rk bk R, rec L to fc WLL, sd R/cl L, sd & fwd R rel L hnds trng LF bring R hnds over W's head fc COH; Sd L rel R hnds /cl R, sd L trng LF bring L hnds over W's head fc WLL, jn R hnds sd R/cl L, sd R;
- 5 [Bk Rec Fc Wll Cha] Bk L, rec R to fc WLL, sd L/cl R, sd L;**
- 6 [Bk Basic Ldy To Fc In 4] Bk R, rec L rel R hnds, fwd R ld W to trn LF with L hnd/XLIB of R, fwd R rel L hnds(Bk R, rec L, fwd R trn ½ LF, bk L) blend to BFLY WLL;**

PART A

- 1-8 CROSS BASIC TO CP COH;; ADVANCE HIP TWIST INTO: CROSS BODY WITH LADY INSIDE TURN; NEW YORKER INTO; NATURAL TOP INTO; SHOULDER TO SHOULDER BFLY WALL; FENCE LINE SHAKE HANDS;**
- 9-16 ADVANCE ALEMANA INTO A TURKISH TOWEL MAN TURN FACE RLOD;; WITH ONE TURKISH BREAK; BRING LADY OUT TO FACE; FORWARD BASIC TO L POS MAN FACE WALL; ALTERNATING CROSS BODYS; 3 MEAS; LAST ONE LADY SPIRAL OUT TO FAN;**

END

- 1-5+ ALEMANA TO ROPE SPIN;; 3 MEAS; CONTINUOUS CHAS;; HOLD, LADY FACE, CHA TO CORTE;;**
- 1-3 [Alemana With Rope Spin] Fwd L, rec R, sd L/cl R, smll sd & bk L ld W to trn RF; Bk R, rec L, smll sd R/cl L, cl R with L sd stretch ld W to sprl RF on & ct; Sd L, rec R, cl L/R, L (Cl R, fwd L, fwd R/XLIB of R, fwd R trng ¼ RF fc ptr & COH; Under ld hnds fwd L the bdy trng 5/8 RF, fwd R trn ¼ RF, f wd L trn 1/8 RF/XRIB of L to R sd of M, fwd L spiral 7/8 RF; Circle CW around M fwd R, fwd L, fwd R/XLIB of R, fwd R) end FCG WLL on M's L sd;**
- 4-5+ [Cont Chas Fwd Hold Ldy Fc Cha Corte] Fwd R/XLIB of R, fwd R/XLIB of R, Fwd R/XLIB of R, fwd R/ XLIB of R; Fwd R, - hold, ld W to swvl RF, fwd L/rec R; Bk L(Fwd L/XRIB of L, fwd L/XRIB of L, fwd L/XRIB of L, fwd L/XRIB of L; Fwd L, - hold, swvl on L RF to fc, bk R/rec L; Fwd R) qk blend to CORTE POS,**

Head Cues

INTRO

1-5 FACING COH SIDE BY SIDE RIGHT FOOT FREE FOR BOTH LADY ON LEFT SIDE OF MAN,, CROSS & UNWIND FACE WALL; LEFT FORWARD BASIC; ROCK BACK HIP TWIST CHASSE; ROCK FORWARD RONDE CHASSE; BACK BASIC LADY OUT TO FACE IN 4;

PART A

1-8 CROSS BASIC TO CP COH;; ADVANCE HIP TWIST INTO: CROSS BODY WITH LADY INSIDE TURN; NEW YORKER INTO; NATURAL TOP INTO; SHOULDER TO SHOULDER BFLY WALL; FENCE LINE SHAKE HANDS;
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PART B

1-8 ALEMANA TO CP WALL;; 3 CUDDLES;; INTO; REVERSE TOP; CHECKED INTO A NATURAL TOP; 2 MEAS;
9-16 CLOSED HIP TWIST INTO; CONTINUOUS HIP TWISTS; LADY OUT TO FACING FAN; CHALLENGE CHASE; SHAKE HANDS; FACING HOCKEY STICK OVERTRN FACE WALL;; LADY TURN LEFT TO VARSOUVIENNE WALL MAN TOUCH & SIDE CHA;

INTERLUDE

1-6 ROCK BACK INTO SHADOW CHASSE ROLL WITH TRIPLE CHAS;; ROCK BACK GO TO REVERSE;; ROCK BACK RECOVER FACE WALL SIDE CHA; BACK BASIC LADY OUT TO FACE IN 4;

PART A

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END

1-5 ALEMANA TO ROPE SPIN;; 3 MEAS; CONTINUOUS CHAS; HOLD LADY TURN TO FACE,, CHA TO CORTE;