

Colorado Cha Cha.com (aka Stationary Cha Cha, Denver Cha Cha, Cowboy Cha Cha, Texas Cha Cha)

Count: 28 **Wall:** 4 **Level:** Improver line or partner dance (cape position)

Choreographer: Manny & Alice Rodela (1990)

Music: "Tougher Than The Rest" by Chris LeDoux 104 BPM (or any slow Cha Cha, preferably <108 BPM)

FYI: This dance uses standard freestyle Ballroom Cha Cha rhythm, and can transition to-or-from Ballroom Cha Cha.

[1-8] SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACKWARD, ROCK RECOVER

1&2 L-R-L Shuffle forward L R L (facing 12:00)
 3-4 R-L Rock forward on R (3), recover on L (4) (12:00)
 5&6 R-L-R Shuffle backward R L R (12:00)
 7-8 L-R Rock back on L (7), recover on R (8) (12:00)

[9-16] SHUFFLE FORWARD (WHILE ROTATING 1/2 RIGHT), ROCK RECOVER, SHUFFLE FORWARD (WHILE ROTATING 1/2 LEFT), ROCK RECOVER

1&2 L-R-L Shuffle forward L R L (while rotating your body a 1/2 turn right) (6:00)
 3-4 R-L Rock back on R (3), recover on L (4) (6:00)
 5&6 R-L-R Shuffle forward R L R (while rotating your body a 1/2 turn left) (12:00)
 7-8 L-R Rock back on L (7), recover on R (8) (12:00)

[17-24] SHUFFLE FORWARD (WHILE TURNING 1/4 RIGHT), 1/2 PIVOT TURN LEFT, SHUFFLE FORWARD, 1/2 PIVOT TURN RIGHT

1&2 L-R-L Shuffle forward L R L (while making a small 1/4 turn right) (3:00)
 3-4 R-L Step fwd onto R foot & pivot turn 1/2 left on balls of feet (3), shift weight onto L foot (4) (9:00)
 5&6 R-L-R Shuffle forward R L R (9:00)
 7-8 L-R Step fwd onto L foot, pivot turn 1/2 right on balls of feet (7), shift weight onto R foot (8) (3:00)

[25-28] **SWAY FORWARD, SWAY BACKWARD; SWAY FORWARD, SWAY BACKWARD**
 1-2 L-R Step forward onto L and sway forward (1), shift weight back onto R to sway backward (2) (3:00)
 3-4 L-R Shift weight forward onto L to sway forward (3), shift weight back onto R to sway backward (4) (3:00)

REPEAT

Easy Variation: Counts 25-28 sways, can be replaced by two 1/2 right pivot turns.

Videos: Our video 425 youtu.be/N8ae8Ytxl3Y?t=725 (at 12:05) shows our quick Walk Through of both single and partner versions.

- This video posted by Cindy Pruet youtu.be/XnuVWI7E_pw shows a 37-second-long Walk Through.
- Video 425 youtu.be/N8ae8Ytxl3Y?t=1579 (at 26:20) demos the whole dance -- including 3 transitions to Ballroom Cha Cha & back.

Web Page: More Youtube videos, teaching and demonstrating both as line and partner dances, plus step sheets – are linked from ColoradoChaCha.com (ColoradoChaCha.wordpress.com)

Ballroom Cha Cha: You can transition from Colorado Cha Cha, to freestyle Ballroom Cha Cha, and then back to Colorado Cha Cha without losing a beat. This is demonstrated in our video 425 at youtu.be/N8ae8Ytxl3Y?t=1658

Copper Knob: This step sheet is not on Copper Knob, but there are similar sheets by original choreographer Manny Rodela (copperknob.co.uk/stepsheets/cowboy-cha-cha-colorado-ID59493.aspx & kkt.to/d/98b35e19ee ; and also by copier Ozgur Takac (copperknob.co.uk/stepsheets/stationary-cha-cha-ID82154.aspx).

Starting: Those other step sheets start the dance with the 3-4 Rock Step – counting it as 1-2. This sheet claims SIMPLER counting.
 • The actual footwork is the same, regardless of where you start counting.

Historical Notes: This dance is found on Youtube as the Colorado Cha Cha, Denver Cha Cha, Stationary Cha Cha, Cowboy Cha Cha, & Texas Cha Cha.

- This dance was originally called the Cowboy Cha Cha, and started being taught in Colorado in the late 1980's.
- The choreography was recorded Manny & Alice Rodela in Colo Springs CO, although Manny states that someone unknown actually created the dance. Manny Rodela made the decision to rename it to Colorado Cha Cha, to avoid confusion with the more common "circular version" of the Cowboy Cha Cha.
- This simplified version of the step sheet was originally created Feb. 2015 by line dance instructor Jan Anderson of Apache Junction AZ, and was last modified May 2021 by JamesIngram.net .