

# Body Cha

Choreographer: Niels B. Poulsen (Denmark)

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Type of dance: 32 counts. 4 walls. Cha cha rhythm  
 Level: High beginner  
 Music: 'El Bodeguero' by Emmanuel, 128 bpm (Album: 'Los Macao Exitos De Oro Del Cha Cha'). Buy on: [www.amazon.com](http://www.amazon.com)  
 Tag: After wall 6, facing 6:00, there's a 4 count break in the music. Do this: step R to R side bumping hips R, L, R, L. Then restart dance with your ¼ turn R.  
 Intro: 64 counts from first beat in music, 31 seconds into track  
 YouTube video: <http://www.youtube.com/watch?v=7HyWKUWPLxY>

Counts	Footwork	End facing
<b>1 – 8</b>	<b>¼ R, rock fw L, ½ shuffle L, rock fw R, ¼ R to R side, together</b>	
1 – 3	Turn ¼ R stepping fw on R, rock fw on L, recover R	3:00
4&5	Turn ¼ L stepping L to L side, bring R next to L, turn ¼ L stepping L fw	9:00
6 – 7	Rock fw R, recover L	9:00
8&	Turn ¼ R stepping R to R side, bring L next to R ( <i>note: 8&amp;1 is a triple step on the spot</i> )	12:00
<b>9 – 16</b>	<b>Weight change, step ½ turn R, step lock step, step ¼ L, cross R over L</b>	
1 – 3	Change weight to R, step fw L, turn ½ R (weight R)	6:00
4&5	Step L fw, lock R behind L, step fw L	6:00
6 – 7	Step fw R, turn ¼ L recovering weight to L	3:00
8	Cross R over L	3:00
<b>17 – 24</b>	<b>Point, cross, point, cross, step back, hold, ¼ R fw R, step lock</b>	
1 – 3	Point L to L side, cross L over R, point R to R side	3:00
4 – 5	Cross R over L, step fairly long step back on L leaving R pointed fw	3:00
6 – 7	Hold, turn ¼ R stepping fw on R	6:00
8&	Step fw on L, lock R behind L	6:00
<b>25 – 32</b>	<b>Step fw L, rock fw R, ¼ R, cross point, hold, side L, touch together</b>	
1 – 3	Step fw L, rock fw R, recover L	6:00
4 – 5	Turn ¼ R stepping R to R side, cross point L over R	9:00
6 – 7	Hold, step L to L side	9:00
8	Touch R next to L	9:00
<b>BEGIN AGAIN!</b>		
Ending	After wall 10, facing 6:00, the music will stop. To end facing 12:00 do this: Rather than touching R next to L on count 32 you touch R behind L, then unwind sharp ½ turn over R shoulder!	12:00