



Hudson Valley Cha

Choreographed by Dan Albro, albro5@cox.net

3/21/03

Description: 32 count, Intermediate Partner/Circle Dance, starts in closed social position

Music: Choreographed to: "Man To Man" by Gary Allen
"You" by Chris Young

Men's Footwork

Rock Forward, Replace, Shuffle Back, ¼ Turn, Crossover, Shuffle Side

1,2, 3&4 Rock forward L, replace weight on R, shuffle back LRL

5,6,7&8 Turn ¼ turn R stepping back on R, cross L over R, shuffle side RLR

Hands: on count 5 bring L hand over ladies head, on 7&8 catch lady with R hand behind her back

Cross Rock, Replace, Shuffle Side, Rock, Replace, ½ Turn Cha Cha Changing Sides

1,2,3&4 Cross rock L behind R, Replace weight on R, Shuffle Side LRL

5,6,7&8 Cross rock R behind L, replace weight on L, Change sides turning ½ turn left shuffling RLR

Hands: on count 5 catch lady with L hand behind her back, on 6 lift R hand up sending lady under R arm to other side.

Rock Back, Replace, Shuffle, Side, Together, Cha Cha Cha

1,2,3&4 Rock back L, replace weight on R, Shuffle FLOD LRL,

5,6,7&8 Face partner stepping side R, step L next to R, Shuffle side RLR

Hands: on count 1 pick up ladies R hand in your L hand, on 3&4 turn the lady bringing your L hand over her head, on 5 partners are in closed position, gentlemen facing center of the dance floor, ladies facing outside.

Weave Over, Side, Behind, Side, ¼ Turn R Shuffling LRL, RLR

1,2,3,4 Cross L over R, Step Side R, Cross L behind R, Step Side R

5&6,7&8 Turn ¼ turn R to face FLOD shuffling LRL, RLR

Hands: on count 5&6 bring L hand over ladies head leading her in front to closed position

Repeat

Ladies Footwork

Rock back R, Replace, Shuffle forward RLR, Full turn R, Shuffle Side LRL

1,2,3&4 Rock back R, Replace L, Shuffle forward RLR

5,6,7&8 Turn ½ right stepping back on L, Turn ½ right stepping fwd R, Turn ¼ right & shuffle side LRL

Cross Rock, Replace, Shuffle Side, Cross Rock, Replace, Shuffle changing Sides

1,2,3&4 Cross rock R behind L, Replace on L, Shuffle Side RLR

5,6,7&8 Cross rock L behind R, Replace on R, Shuffle Side L,R,L changing sides turning ½ right

Hands: on count 1,2 left hand behind gentlemen, on count 5&6 right hand behind gentlemen, on 7&8 lady slides right hand down gentleman's left arm to pick up hand

Rock Replace, Triple Full Turn, Side, Together, Shuffle Side Left

1,2,3&4 Rock back on R, Replace L, Turn full turn left traveling FLOD stepping R,L,R

5,6,7&8 Step side L, Step R next to L, Shuffle side L,R,L

Hands: on 3&4 go under mans left arm, on 5,6 closed position facing outside line of dance

Weave Behind Side Over Side, Turn ¾ R Shuffling RLR LRL

1,2,3,4 Cross R behind L, Step Side L, Cross R Over L, Step Side L

5&6,7&8 Turn ½ turn right shuffling R,L,R, Turn ¼ turn right shuffling back L,R,L

Hands: on 5&6,7&8 ladies will turn under her R arm traveling FLOD into closed social position

REPEAT