

CHA CHA FRENESI

Composer: Bob & Nora Slomcenski, 20 Culverton Drive, Rochester, NY 14609 (716)342-6985
Record: Special Pressing (flip: In The Shadows)
Rhythm/Phase: Cha-Cha/IV+ 2 (Cuddle, Stop & Go Hockey-Stick) Phase V+ 1 (with optional Rope-Spin)
Speed: 45 RPM **Released:** Jan 1995 **Revision:** 1.1
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: INTRO - A - A - B - A* - C - C** - 8 - A(1-6)- ENDING

INTRO

(R-R hands) Wait 3 lead-in beats;

M fc Wall, M's L & W's R pntd sd with R-R hands jnd & L arms extended sd & bk, wait three lead-in beats;

PART A

1-4 SHADOW NEW YORKER TWICE;; RK-APT, REC, TRADE-PLACES CHA TWICE;;

123&4 [Shadow New Yorkers] Thru L RLOD with straight knee extend L arm to sd behind W in shadow pos(W extend L arm to sd twd Wall), rec R to fc, small sd/cl, sd LOD; thru R LOD with straight knee extend L arm to sd twd COH in M's shadow pos (W extend L arm to sd behind M), rec L to fc, small sd/d, sd RLOD;

123&4 [Rk, Rec, Trade-Places Cha] Rk apt L extend L arms up & bk, rec R trn RF (W LF), release hands slide behind W small sd/cl, sd twd Wall(W twd COH)cont RF trn fc ptr & COH join L-L hands; rk apt R extend R arms up & bk, rec L trn LF (W RF), release hands slide behind W small sd/cl, sd twd COH(W twd Wall) cont LF trn fc ptr & Wall join R-R hands;

5-8 MOD FLIRT TO A FAN;; *1st & 2nd time: ALEMANA-PREP IN 4; (R-R hands)PNT-FREEZE;*

**3rd time: ALEMANA (CP);;*

123&4 [Mod Flirt to a Fan]Rk apt L extend L arms up & bk, rec R (W fwd L trn LF),in-place L/R, L (W cont LF trn R/L, R to M's R side) end skaters fcg Wall (L-L hands jnd in front & R-R hands jnd at W's R hip) [Option: M extend L arm to sd twd LOD & W bring L palm up & caress L side of M's face]; Rk bk R, rec L, release hands small sd/cl, sd RL (W sd/cl, sd twd LOD slide in front of M trn RF to fc RLOD leave R extended RLOD) join lead hands M fcg Wall(W fcg RLOD);

1st & 2nd time:

1234 [Alemana-Preparation in 4]Rk fwd L, rec R, small sd L, cl R (W cl R to L, fwd L RLOD, fwd R fcg M, cl L to R);
---- [Pnt-Freeze] Join R-R hands quick pnt M's L & W's R sd with L arms extended sd & bk, freeze & hold pos, -, -, -;

**3rd time*

123&4 [Alemana (CP)] Rk fwd L rec R, small sd/cl, sd bring lead hands up palm to palm to prepare W for RF trn (W cl R to L, fwd L RLOD, small fwd/cl, fwd fcg M place free hand on hip); rk bk R, rec L small sd/cl, sd RLOD (W XLIF of R trn RF under lead hands, fwd R cont RF trn to fc M, small sd/cl, sd RLOD) blend to CP fcg Wall;

PART B

1-4 CHASE PEEK-A-BOO;;;:

123&4 [Chase Peek-A-Boo] Drop hands rk fwd L trn ½ RF, rec fwd R COH, fwd/cl, fwd(W rk bk R, rec L fwd/cl, fwd 'chasing' M twd COH); Rk sd R on inside edge of ft (cucaracha action) looking over L shoulder, rec L, in-place R/L, R (W rk sd L rec R, in-place L/R, L); Rk sd L on inside edge of ft (cucaracha action) looking over R shoulder, rec R, in-place L/R, L (W rk sd R, rec L in-place R/L R); Rk fwd R trn ½ LF, rec fwd L twd Wall, fwd/cl, fwd (W rk fwd L, rec R, bk/cl, bk) join lead hands;

5-8 ALEMANA;; LARIAT;; [OPTION: ALEMANA TO A ROPE-SPIN;;;:]

123&4 [Alemana] Rk fwd L rec R, small sd/cl, sd bring lead hands up palm to palm to prepare W for RF trn (W rk bk R, rec L small sd/cl, sd place free hand on hip); Rk bk R, rec L, small sd/cl, sd RLOD ON XLIF of R trn RF under lead

hands, fwd
123&4 R cont RF trn, small fwd/cl, fwd to M's R side) [Option: W spirals RF on last step to end on M's R side. Note: with the spiral, the next 2 measures are cued as Rope-Spin instead of Lariat];

123&4 [Lariat] Keep lead hands jnd place bk of R hand to bk of W's R hip rk sd L on inside edge of ft (cucaracha action), rec

R,
123&4 in-place L/R, L(W circle CW around M R, L, R/L, R); Rk sd R on inside edge of ft(cucaracha action), rec L in-place

R/L
123&4 R(W cont circle CW around M L, R, L/R, L) end M fcg ptr & Wall join R-R hands;

PART C

1-4 CUDDLE TWICE;; BASICTO A FAN;;

123&4 [Cuddles] Release lead hands rk sd L on inside edge of ft (cucaracha action) extend L arm sd & bk, rec R place both arms around W, in-place L/R, L (W trn ½ RF rk bk R extend R arms sd & bk, rec L trn ½ LF to fc M, in place R/L R); Release

123&4 trailing arms rk sd R on inside edge of ft (cucaracha action) extend R arm sd & bk, rec L place both arm around W, in-place R/L, R (W trn ½ LF rk bk L extend L arm sd & bk, rec R trn ½ RF to fc M, in-place L/R, L);
123&4 [Basic to a Fan] Rk fwd L, rec R allowing lead arms to slide from cuddle position to CP low at waist level, small sd/cl, LOD; Rk bk R (W rk fwd L into M), rec L release trailing arms (W bk R trn LF to fc RLOD),small sd/cl, sd RLOD (W bk/lk, bk LOD leave R extended twd RLOD) end lead hands jnd M fcg Wall (W fcg RLOD);

5-8 STOP&GO HOCKEY-STICK WITH X-LUNGE;; 1st time: ALEMANA (CP);;

123&4 [Stop & Go Hockey-Stick with X-Lunge] Rk fwd L, rec R, release hands small sd/cl, sd LOD (W cl R to L, fwd L RLOD trn LF to fc Wall, small sd/cl, sd RLOD in front of M); XRIF of L twd LOD with relaxed knee look R twd W (W XLIB of R twd RLOD look L twd M) extend arm out to sd, rec L, small sd/cl, sd RLOD (W sd/cl, sd LOD slide in front of M trn RF to fc RLOD leave R extended twd RLOD) join lead hands M fcg Wall (W fcg RLOD);

1st time

123&4 [Alemanana (CP)] Rk fwd L rec R, small sd/cl, sd bring lead hands up palm to palm to prepare W for RF trn (W cl R to L, fwd L RLOD, small fwd/cl, fwd fcg M place free hand on hip); rk bk R, rec L small sd/cl, sd RLOD (W XLIF of R trn RF under lead hands, fwd R cont RF trn to fc M, small sd/cl, sd RLOD) blend to CP fcg Wall;

**2nd time:

1234 [Alemanana-Preparation in 4]Rk fwd L, rec R, small sd L, cl R (W cl R to L, fwd L RLOD, fwd R fcg M, cl L to R);
---- [Pnt-Freeze] Join R-R hands quick pnt M's L & W's R sd with L arms extended sd & bk, freeze & hold pos, -, -, -;

ENDING

1-5 HOCKEY-STICK TO FWD TRIPLE CHA;;; RK, REC, BK TRIPLE CHA;;

123&4 [Hockey-Stick to Fwd Triple Cha] Rk fwd L, rec R, in-place L/R, L bring lead hands across in front of M's face to prepare W for LF trn(W cl R to L, fwd L RLOD, small fwd/cl fwd RLOD); Rk bk R, rec L trn 1/8 RF fc DRW, lead with R shoulder R hands palm to palm fwd/lk, fwd DRW (W bk/lk, bk); Chng to L shoulder lead with L hands palm to palm fwd/lk, fwd DRW (W bk/lk, bk). chng to R shoulder lead with R hands palm to palm fwd/lk, fwd DRW (W bk/lk, bk);
123&4 [Rk, Rec, bk Triple Cha] Chng to L shoulder lead with L hands palm to palm rk fwd L DRW (W bk R), rec R. chng to R shoulder lead with R hands palm to palm bk/lk, bk DLC (W fwd/lk, fwd); Chng to L shoulder lead with L hands palm to palm bk/lk, bk DLC (W fwd/lk, fwd), chng to R shoulder lead with R hands palm to palm bk/lk, bk DLC (W fwd/lk, fwd);

6-8 UNDERARM TURN; 2 QUICK SHADOW NEW YORKERS; PNT-FREEZE;

123&4 [Underarm Turn] Keeping R-R hand hold, rk bk R trn 1/8 LF fc Wall, rec L, small sd/cl, sd RLOD (W fwd L trn RF under M's R arm, fwd R cont RF trn fcg M, small sd/cl. sd RLOD) end R-R hands jnd M fcg Wall;

1&2 3&4 [Quick Shadow New-Yorkers]: Thru L RLOD with straight knee extend L arm to sd behind W in shadow pos (W extend L arm to sd twd Wall) / rec R fc ptrn, small sd LOD, thru R LOD with straight knee extend L arm to sd twd COH in M's shadow pos(W extend L arm to sd behind M) / rec L fc ptrn, small sd RLOD;

---- [Pnt-Freeze] Keep R-R hinds quick pnt M's L & W's R sd with L am extended sd & bk. freeze & hold pos, -, -, -;

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