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 Al
         “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 ¾ 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 ¾ 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 ¾ 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