

Description, chart and diagrams of CHA CHA CONGELADO (source: ISU Handbook Ice Dance 2003, § I-20)

19. CHA CHA CONGELADO

Music –Cha Cha 4/4
Tempo –29 measures of 4 beats per minute
–116 beats per minute
Pattern –Optional
Duration –The time required to skate 2 sequences is 1:07 min.

This dance is designed to introduce dancers to a Latin American rhythm at an early stage of development and help them to appreciate rhythm not only with their feet, but also with their bodies. The steps are structured in places so as to portray the feeling of “1, 2 cha-cha-cha”. Individual interpretation by couples to add Cha Cha character is permitted provided that integrity of steps, free leg positions and dance holds are maintained. Retrogressions on pattern transitions are permitted.

Steps 1 and 2 are skated on a lobe towards, then away from the barrier. Steps 3 and 4 are slip steps. The man skates three slip steps (steps 3, 4 and 5) of ½ beat each but on the last one the man remains on his left foot for another ½ count and the right foot is lifted. The lady skates three slip steps also but as she completes her third slip (step 5a) she crosses the left foot behind on the second ½ count for step 5b. There is a tendency for ladies to omit step 5b due to the difficulty of the weight transfer onto the step. Credit should be given by the judges to those ladies who can perform it properly. Steps 1–5 are skated in outside hold and give the timing of a “1, 2 cha-cha-cha”. On step 6 the dancers change to hand-in-hand hold (lady’s right hand in the man’s left, lady’s left hand in the man’s right) to skate a series of cross in front touch down steps*. On step 7, the man changes sides to the right of the lady’s tracing as he turns his rocker and she her three turn. After they make their turns on step 8, the lady is on the left of the man’s tracing, switching to his right side after step 9.

On step 10 the partners assume closed hold and on step 11, both partners extend the free leg to the back on the third beat (musical count 1). On step 14, the lady releases her left hand from the open hold and passes under the man’s left arm as she does the mohawk.

On step 23, the lady places her left hand in the man’s right hand. Step 24 is a swing closed mohawk for both dancers, but in opposite directions so that they turn their back towards each other releasing hands. On step 25 the lady places her right hand in the man’s left. Note that step 25 is a cross in front for both (XF-RBI for the man; XF-LBO for the lady).

Steps 27 to 36a are skated in Kilian hold and steps 27–36 are the same for both partners. They skate a series of touch down steps* in Kilian hold (steps 27–29.) Leading to the conclusion of the dance is an extremely deep left forward inside edge for both. It is permitted to retrogress on the pattern as long as this is reflected in a degree of control. The lady then executes an open mohawk (her steps 37a and 37 b) to be in position to restart the dance.

Note: Steps 6-9 and 27-29 should be skated with a brief but decisive weight transfer (touchdown) to the other foot on the “and” between counts returning to the original edges.

Inventors – Bernard Ford, Kelly Johnson, Laurie Palmer
and Steven Belanger
First Performance – Richmond Hill, Ontario, 1989

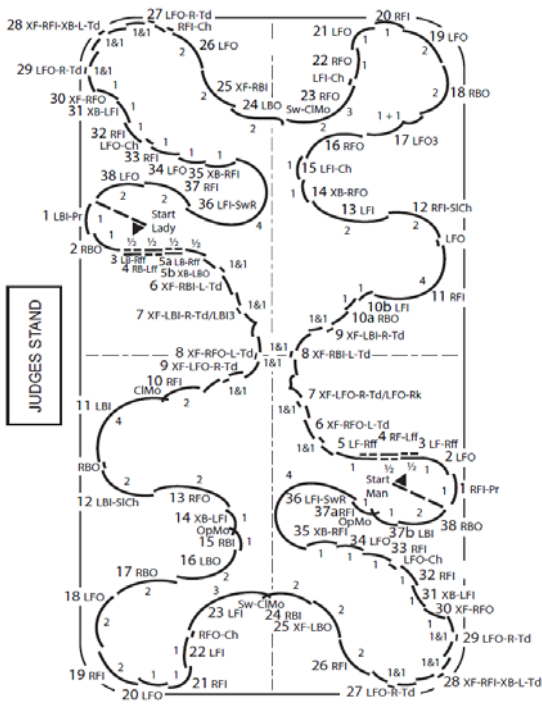
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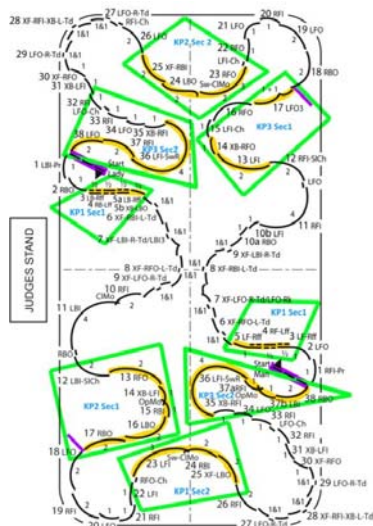
Hold	Step No.	Man's Step	Number of Beats of Music		Lady's Step
Outside	1	RFI-Pr		1	LBI-Pr
	2	LFO		1	RBO
	3	LF-Rff Slip Step		½	LB-Rff Slip Step
	4	RF-Lff Slip Step		½	RB-Lff Slip Step
	5a	LF-Rff Slip Step	1	½	LB-Rff Slip Step
	5b	(R foot lifted forward at end of step)		½	XB-LBO (R foot lifted forward at end of step)
Both hand-in-hand	6	XF-RFO with L-Td		1 & 1	XF-RBI with L-Td
	7	XF-LFO with R-Td LFO-Rk		1 & 1 "and"	XF-LBI/ R-Td /LBI3
	8	XF-RBI with L-Td		1 & 1	XF-RFO with L-Td
	9	XF-LBI with R-Td		1 & 1	XF-LFO with R-Td
Closed	10a	RBO	1	2	RFI CIMo
	10b	LFI	1		
	11	RFI LFO		4 "and"	LBI RBO
	12	RFI-SICh		2	LBI-SICh
Open	13	LFI		2	RFO
	14	XB-RFO		1	XB-LFI OpMo
	15	LFI-Ch		1	RBI
Closed	16	RFO		2	LBO
	17	LFO3	1+1	2	RBO
	18	RBO		2	LFO

Open	19	LFO		2		RFI
	20	RFI		1		LFO
	21	LFO		1		RFI
One hand-in-hand	22	RFO LFI-Ch		1 "and"		LFI RFO-Ch
	23	RFO Sw-CIMo		3 musical count 4 - 1- 2		LFI Sw-CIMo
	24	LBO		2		RBI
Kilian	25	XF-RBI		2		XF-LBO
	26	LFO RFI-Ch		2 "and"	2	RFI
	27	LFO with R-Td		1 & 1		LFO with R-Td
	28	XF-RFI with XB-L-Td		1 & 1		XF-RFI with XB-L-Td
	29	LFO with R-Td		1 & 1		LFO with R-Td
	30	XF-RFO		1		XF-RFO
	31	XB-LFI		1		XB-LFI
	32	RFI LFO-Ch		1 "and"		RFI LFO-Ch
	33	RFI		1		RFI
	34	LFO		1		LFO
	35	XB-RFI		1		XB-RFI
	36	LFI SwR		4		LFI SwR
	37a	RFI	2		1	RFI OpMo
	Open	37b				1
38		LFO		2		RBO

CHA CHA CONGELADO



Category: Ice Dance
 Subject: Drawings



**(PDE) Pattern Dance Elements
 # 19 Cha Cha Congelado (Junior)**

With Three Key Points
Key Points
 Two Sections and Two (2) occupied boxes
1CC Steps # 1-17
2CC Steps # 18-38

Pattern Dance Element (1 CC) Steps # 1-17	Key Point 1 Lady & Man Steps 3 - 5 (Slip Steps)	Key Point 2 Lady Steps 13 - 17 (RFO, XB-LFI OpMo, RBI, LBO, RBO)	Key Point 3 Man Steps 13 - 14, 17(LFI, XB-RFO, LFO3)
Key Point Features	1. Correct slip steps	1. Correct Edges 2. Correct Turn (#14) 3. Correct placement of the free foot (#14)	1. Correct Edges 2. Correct Turn (#17)
Pattern Dance Element (2 CC) Steps # 18 -38	Key Point 1 Lady Steps 23 - 25 (LFI Sw-CIMo, RBI, XF-LBO)	Key Point 2 Man Steps 23 – 25 (RFO Sw-CIMo, LBO, XF-RBI)	Key Point 3 Lady Steps 36 - 38 (LFI SwR, RFI OpMO, LBI, RBO), Man Steps 36 - 38 (LFI SwR, RFI, LFO)
Key Point Features	1. Correct Edges 2. Correct Turn (#23) 3. Correct placement of the free foot (#23)	1. Correct Edges 2. Correct Turn (#23) 3. Correct placement of the free foot (#23)	1. Correct Edges 2. Correct Turn (#37) 3. Correct placement of the free foot (#37)