

# Hudson Valley Cha

Choreographer: Dan Albro  
Description: 32 count, intermediate partner/circle dance  
Music: **Man To Man** by Gary Allan 120 bpm  
**You** by Chris Young



*Position: Starts in closed social position  
Start dancing on lyrics*

Beats / Step Description

## MAN'S FOOTWORK

### ROCK FORWARD, REPLACE, SHUFFLE BACK, ¼ TURN, CROSSOVER, SHUFFLE SIDE

1,2,3&4 Rock left forward, recover to right, shuffle back left, right, left

5,6,7&8 Turn ¼ right and step back on right, cross left over right, shuffle side right, left, right

*Hands: on count 5 bring left hand over lady's head, on 7&8 catch lady with right hand behind her back*

### CROSS ROCK, REPLACE, SHUFFLE SIDE, ROCK, REPLACE, ½ TURN CHA,CHA,CHANGING SIDES

1,2,3&4 Cross/rock left behind right, recover to right, shuffle side left, right, left

5,6,7&8 Cross/rock right behind left, recover to left, change sides turning ½ turn left shuffling right, left, right

*Hands: on count 5 catch lady with left hand behind her back, on 6 lift right hand up sending lady under right arm to other side*

### ROCK BACK, REPLACE, SHUFFLE, SIDE, TOGETHER, CHA,CHA,CHA

1,2,3&4 Rock left back, recover to right, shuffle LOD left, right, left

5,6,7&8 Face partner stepping side right, step left together, shuffle side right, left, right

*Hands: on count 1 pick up lady's right hand in your left hand, on 3&4 turn the lady bringing your left hand over her head, on 5 partners are in closed position, man facing center of the dance floor, lady facing outside*

### WEAVE OVER, SIDE, BEHIND, SIDE, ¼ TURN RIGHT SHUFFLING LEFT,RIGHT,LEFT, RIGHT,LEFT,RIGHT

1,2,3,4 Cross left over right, step right to side, cross left behind right, step side right doing a ¼ turn right

5&6,7&8 Chassé forward left, right, left, chassé forward right, left, right

*Hands: on count 5&6 bring left hand over lady's head leading her in front to closed position*

## LADY'S FOOTWORK

### ROCK BACK RIGHT, REPLACE, SHUFFLE FORWARD RIGHT,LEFT,RIGHT, FULL TURN RIGHT, SHUFFLE SIDE LEFT,RIGHT,LEFT

1,2,3&4 Rock right back, replace left, chassé forward right, left, right

5,6,7&8 Turn ½ right and step back on left, turn ½ right and step forward on right, turn ¼ turn right and shuffle side left, right, left

### CROSS ROCK, REPLACE, SHUFFLE SIDE, CROSS ROCK, REPLACE, SHUFFLE CHANGING SIDES

1,2,3&4 Cross/rock right behind left, recover to left, shuffle side right, left, right

5,6,7&8 Cross/rock left behind right, recover to right, shuffle side left, right, left changing sides turning ½ turn right

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

### ROCK REPLACE, TRIPLE FULL TURN, SIDE, TOGETHER, SHUFFLE SIDE LEFT

1,2,3&4 Rock right back, replace left, turn a full turn left traveling LOD stepping right, left, right

5,6,7&8 Step left to side, step right together, shuffle side left, right, left

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

### WEAVE LEFT, ¼ TURN RIGHT, TWO SHUFFLES DOING A FULL TURN RIGHT

1,2,3,4 Cross right behind left, step left to side, cross right over left, turn ¼ right and step back left

5&6,7&8 Traveling LOD, complete a full turn right shuffling right, left, right left, right, left

## Smile and Begin Again