

Frenesi Cha Cha

Count: 32

Wall: 1

Level: Improver Cha Cha

Choreographer: Kirsi-Marja Vinberg (FIN) - 8 August 2026

Music: Frenesi (Cha Cha / 30 BPM) - Ross Mitchell, His Band and Singers



STEP TO SIDE, WALK FORWARD L, R, LOCK STEP FORWARD, ROCK STEP FORWARD, LOCK STEP BACK

- 1-3 Step right foot to side, walk forward left, right
- 4&5 Step left forward, lock right behind left foot, left forward
- 6-7 Step right forward, left in place
- 8&1 Step right slightly diagonally back right, left across right, right back

2 LOCK STEPS BACKWARDS, ROCK STEP BACK // WITH 1/4 TURN R, TRIPLE STEP

- 2&3 Step left slightly diagonally back left, right across left, left back
- 4&5 Step right slightly diagonally back right, left across right, right back
- 6-7 Step left back, right in place // as 4 wall line dance turn 1/4 right on the right foot (7)
- 8&1 Step left together, right in place, left in place

ROCK STEP BACK, TRIPLE STEP, ROCK STEP BACK, SHUFFLE STEP TO SIDE

- 2-3 Step right back, left in place
- 4&5 Step right together, left in place, right in place
- 6-7 Step left back, right in place
- 8&1 Step left to side, right together, left to side

CROSS ROCK STEP, SHUFFLE STEP TO SIDE, TRIPLE STEPS WITH KNEES

- 2-3 Step right across left, step left in place
- 4&5 Step little step to side with right foot, left together, bigger step to side with right foot ("break")
- 6&7 Step left foot together and bring the right knee forward (6), lift the left knee forward as you step your right heel down (&), lift the right knee forward as you step your left heel down (7)

Note: When lifting the knee, bring it closer to the other knee!

- 8&1 Continue the movement: lift the knees: left, right, left; the heels: right, left, right (weight is on the right foot on the count 1)

Start the dance on the count 2 (walk forward).

Repeat