

# Cheek to Cheek

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**Music:** "Cheek to Cheek" by Frank Sinatra (Amazon song id 262536958)  
<https://www.youtube.com/watch?v=xKase2yEch4>

**Video:** <https://www.youtube.com/watch?v=p5dLgVhIY6A>

**Rhythm & Phase:** Quickstep, Phase V + 1 + 1 (Four Quick Run, Chasse Weave)

**Footwork:** Opposite (*except where noted*) **Original Time:** 3:06 at 41 MPM

**Sequence:** Intro, A, A Mod, B, C, A, D, C, A, Ending **Tempo:** 45 RPM (Adjust for comfort)

**Released:** July 6, 2023

## Intro (8 measures)

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**1 – 4 Wait ; ; Explode Apart ; Shape Together Touch ;**

-- 1–2 {**Wait**} Wait fcg ptr and wall, trl hnds jnd, ld hnds tchg in frnt, ld ft free ; ;

S-- 3 {**Explode Apart**} Apt L w/ld arm sweeping up and out CCW (*W CW*) end in lunge OP fcg LOD, -, -, - ;

S-- 4 {**Shape Together Touch**} Rec R trng to fc ptr w/ld arm sweeping in to tch ptr's ld hnd tch L to R, -, -, - ;

**5 – 8 Circle Walk 4, DLW ; ; Together Touch [CP DLW] ; Box Finish [CP DLC] ;**

SSSS 5–6 {**Circle Walk 4, DLW**} Circling CCW (*W CW*) fwd L, -, fwd R, - ; fwd L, -, fwd R to fcg ptr DLW, - ;

S-- 7 {**Together Touch**} Fwd L to CP w/slight RF rotation & stretch, -, -, - ;

SQQ 8 {**Box Finish**} Bk R comm LF trn, -, sd L, cl R in CP DLC ;

## Part A (16 measures)

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**1 – 4 Chasse Weave [BJO DLW] ; ; ;**

SQQ SS 1–4 {**Chasse Weave**} Fwd L comm LF trn, -, sd R, cl L ; sd R cont slight LF trn, -, bk L BJO RLOD, - ;

SQQ SS Bk R CP RLOD trng LF to CP wall, -, sd L, cl R ; sd L slight LF trng to BJO DLW, -, fwd R outsd ptr, - ;

**5 – 7 Running Forward Locks [BJO DLW] ; ; Hairpin [BJO DRW] ;**

QQQQ QQS 5–6 {**Running Forward Locks**} Fwd L, lk RIB, fwd L, fwd R ; fwd L, lk RIB, fwd L BJO DLW, - ;

SQQ 7 {**Hairpin**} Fwd R comm RF trn, -, w/L sd stretch fwd L trng RF, cont RF trn fwd R outsd ptr to BJO DRW chkg ;

**8 – 12 Outside Spin [CP RLOD] ~ Right Turning Lock, BJO [BJO DLC] ; ; ; Check ~ Fishtail 5 [BJO DLC] ; ;**

SS 8 {**Outside Spin**} Strong RF trn bk & sd L toe in, -, fwd R outsd ptr cont RF trn, -, (*W fwd R outsd ptr trn RF, -, cl L to R toe spin, -*) ;

SQQ 9 Sd & bk L to CP DRW (*fwd R between ptrs feet*), -, {**Right Turning Lock, BJO**} Bk R with R sd ld start RF trn, XLIF of R (*W XRIB*) cont trn ;

SS 10 With slight R sd stretch cont trn RF sd & fwd R btwn W's ft DLC, -, fwd L BJO DLC, - ;

SQQ 11 {**Check**} Fwd R outsd ptr chkg, -, {**Fishtail 5**} XLIF of R trng 1/8 RF, small fwd & sd R ;

QQS 12 With L sd leading fwd L, lk RIB of L to BJO DLC, fwd L BJO DLC, - ;

**13 – 16 Quick Open Reverse [BJO RLOD] ~ Progressive Chasse, Semi [SCP DLW] ; ; ; Chair & Slip [CP DLC] ;**

SS 13 {**Quick Open Reverse**} Fwd R DLC outsd ptr, -, blending to CP fwd comm LF trn, - ;

QQS 14 Cont LF trn sd & bk R, bk L BJO RLOD, {**Progressive Chasse, Semi**} Bk R comm 3/8 LF trn, - ;

QQS 15 Sd L cont LF trn, cl R, sd & fwd L SCP DLW (*sd & fwd R SCP DLW*), - ;

SQQ 16 {**Chair & Slip**} Thru R chkg with flexed knees, -, rec L, bk R w/slight rise & LF upper bdy trn to CP DLC (*W thru L chkg, -, rec R, swivel LF on R foot & step fwd L into M*) ;

## Part A Mod (16 measures)

**1 – 12 Chasse Weave [BJO DLW] ; ; ; Running Forward Locks [BJO DLW] ; ; Hairpin [BJO DRW] ; Outside Spin [CP RLOD] ~ Right Turning Lock, BJO [BJO DLC] ; ; ; Check ~ Fishtail 5 [BJO DLC] ; ;**  
Repeat Part A measures 1 – 12

**13 – 16 Quick Open Reverse [BJO RLOD] ~ Box Finish [CP WALL] ~ Small Change of Direction [CP DLW] ; ; ; ;**  
SS 13 {Quick Open Reverse} Fwd R DLC outsd ptr, -, blending to CP fwd comm LF trn, - ;  
QQS 14 Cont LF trn sd & bk R, bk L BJO RLOD, {Box Finish} Bk R comm LF 1/4 trn, - ;  
QQS 15 Sd & slightly fwd L to CP WALL, cl R, {Small Change of Direction} Fwd L comm slight 1/8 LF trn, - ;  
SS 16 Sd R cont LF trn, -, draw L near R to end CP DLW, - ;

## Part B (16 measures)

**1 – 4 Quarter Turn & Progressive Chasse [BJO DLW] ; ; ; Ending w/Four Quick Run [BJO DLW] ;**  
SS QQS 1–2 {Quarter Turn & Progressive Chasse} Fwd L, -, fwd R comm RF trn, - ; Sd L trng RF 1/4 to fc DRW,  
SQQ 3 Cl R, sd & bk L, - ; Bk R comm LF trn, -, sd L & slightly fwd trng 1/4 LF to fc DLW, cl R to BJO ;  
QQQQ 4 {Four Quick Run} Fwd L, fwd R, fwd L, lk RIB ;

**5 – 8 Forward ~ Maneuver Side Close [CP RLOD] ~ Overturned Spin Turn [CP DRW] ; ; ; Box Finish [CP DLW] ;**  
SS 5 {Forward} Fwd L BJO DLW, -, {Maneuver Side Close} Fwd R comm RF trn, - ;  
QQS 6 Sd & bk L cont RF trn, cl R to CP RLOD, {Overturned Spin Turn} Bk L pvt RF 1/2 leaving RF extd, - ;  
SS 7 Fwd R btwn ptr's ft leaving LF extd bk trn 3/8 RF to fc DRW, -, bk L in CP fcg DRW, - ;  
SQQ 8 {Box Finish} Bk R comm 1/4 LF trn, -, sd & slightly fwd L to CP DLW, cl R ;

**9 – 12 Quarter Turn & Progressive Chasse [BJO DLW] ; ; ; Ending w/Four Quick Run [BJO DLW] ;**  
Repeat Part B measures 1 – 4

**13 – 16 Forward ~ Maneuver Side Close [CP RLOD] ~ Spin Turn [CP DLW] ; ; ; Box Finish [CP DLC] ;**  
SS 13 {Forward} Fwd L BJO DLW, -, {Maneuver Side Close} Fwd R comm RF trn, - ;  
QQS 14 Sd & bk L cont RF trn, cl R to CP RLOD, {Spin Turn} Bk L pvt RF 1/2 leaving RF extd, - ;  
SS 15 Fwd R btwn ptr's ft leaving LF extd bk trn 1/8 RF to fc DLW, -, bk L in CP fcg DLW, - ;  
SQQ 16 {Box Finish} Bk R comm 1/4 LF trn, -, sd & slightly fwd L to CP DLC, cl R ;

## Part C (8 measures)

**1 – 3 Telemark Semi [SCP DLW] ~ Natural Hover Fallaway [SCP DRW] ; ; ;**  
SS 1 {Telemark Semi} Fwd L start LF trn, -, sd R arnd W cont trn (*W cl L to R heel trn*), - ;  
SS 2 Fwd L in SCP DLW, -, {Natural Hover Fallaway} Thru R comm 1/4 RF trn, - ;  
SS 3 Fwd L cont trng RF, -, bk R to SCP fcg DRW, - ;

**4 – 8 Slip Pivot [BJO DLW] ~ Maneuver Side Close [CP RLOD] ~ Spin Turn [CP DLW] ; ; ; ; Box Finish [CP DLC] ;**  
SS 4 {Slip Pivot} Bk L DLC in SCP fcg DRW, -, trng W to CP bk R trng LF (*W trng LF to CP slip fwd L*), - ;  
SS 5 Cont LF trn sd & fwd L to BJO DLW, -, {Maneuver Side Close} Fwd R comm RF trn, - ;  
QQS 6 Sd & bk L cont RF trn, cl R to CP RLOD, {Spin Turn} Bk L pvt RF 1/2 leaving RF extd, - ;  
SS 7 Fwd R btwn ptr's ft leaving LF extd bk trn 1/8 RF trn to fc DLW, -, bk L in CP fcg DLW, - ;  
SQQ 8 {Box Finish} Bk R comm 1/4 LF trn, -, sd & slightly fwd L to CP DLC, cl R ;

## Part A (Repeat)

**1 – 16 Chasse Weave [BJO DLW] ; ; ; ; Running Forward Locks [BJO DLW] ; ; Hairpin [BJO DRW] ; Outside Spin [CP RLOD] ~ Right Turning Lock, BJO [BJO DLC] ; ; ; Check ~ Fishtail 5 [BJO DLC] ; ; Quick Open Reverse [BJO RLOD] ~ Progressive Chasse, Semi [SCP DLW] ; ; ; Chair & Slip [CP DLC] ;**

## Part D (16 measures)

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- 1 – 4 Two Left Turns, BJO [BJO DLW] ; ; Step Hops, 2X [BJO DLW] ; Forward Lock Forward [BJO DLW] ;**  
 SQQ SQQ 1–2 {**Two Left Turns**} Fwd L comm LF trn, -, sd & bk R cont RF trn, cl L to R in CP RLOD ;  
 Bk R comm LF trn, -, sd & slightly fwd L cont LF trn, cl R to L in BJO DLW ;  
 S&S& 3 {**Step Hops, 2X**} Stp L, hop on L, stp R, hop on R in BJO DLW ;  
 QQS 4 {**Forward Lock Forward**} Fwd L, lk RIB, fwd L, - in BJO DLW ;
- 5 – 8 Maneuver Side Close [CP RLOD] ; Tipple Chasse Pivot [CP RLOD] ~ Hesitation Change [CP DLC] ; ; ;**  
 SQQ 5 {**Maneuver Side Close**} Fwd R comm RF trn, -, sd & bk L cont RF trn, cl R to CP RLOD ;  
 SQQ 6 {**Tipple Chasse Pivot**} Bk L comm 1/4 RF trn, -, cont RF trn sd R, cl L ;  
 S S 7 Cont trn sd & fwd R pivot RF end CP RLOD, -, {**Hesitation Change**} Bk L comm 3/8 RF turn, - ;  
 S S 8 Sd R cont RF trn, -, draw L near R to end CP fcg DLC, - ;
- 9 – 16 Two Left Turns, BJO [CP DLW] ; ; Step Hops, 2X [BJO DLW] ; Forward Lock Forward [BJO DLW] ;  
 Maneuver Side Close [CP RLOD] ; Tipple Chasse Pivot [CP RLOD] ~ Hesitation Change [CP DLC] ; ; ;**  
 Repeat Part D measures 1 – 8

## Part C (Repeat)

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- 1 – 8 Telemark Semi [SCP DLW] ~ Natural Hover Fallaway [SCP DRW] ; ; ; Slip Pivot [BJO DLW] ~ Maneuver  
 Side Close [CP RLOD] ~ Spin Turn [CP DLW] ; ; ; ; Box Finish [CP DLC] ;**

## Part A (Repeat)

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- 1 – 16 Chasse Weave [BJO DLW] ; ; ; Running Forward Locks [BJO DLW] ; ; Hairpin [BJO DRW] ; Outside Spin  
 [CP RLOD] ~ Right Turning Lock, BJO [BJO DLC] ; ; ; Check ~ Fishtail 5 [BJO DLC] ; ; Quick Open Reverse  
 [BJO RLOD] ~ Progressive Chasse, Semi [SCP DLW] ; ; ; Chair & Slip [CP DLC] ;**

## Ending (6 measures)

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- 1 – 2 Two Left Turns, BJO DLW [BJO DLW] ; ;**  
 SQQ SQQ 1–2 {**Two Left Turns**} Fwd L comm LF trn, -, sd & bk R cont RF trn, cl L to R in CP RLOD ;  
 Bk R comm LF trn, -, sd & slightly fwd L cont LF trn, cl R to L in BJO DLW ;
- 3 – 5 Forward ~ Maneuver Side Close [CP RLOD] ~ Impetus Semi [SCP DLC] ; ; ;**  
 S S 3 {**Forward**} Fwd L BJO DLW, -, {**Maneuver Side Close**} Fwd R comm RF trn, - ;  
 QQS 4 Sd & bk L cont RF trn, cl R to CP RLOD, {**Impetus Semi**} Bk L draw R to L trng RF on L heel (*W fwd R  
 trng RF*), - ;  
 S S 5 Cl R to L cont trn rise to toe (*W sd & fwd L cont trn*), -, fwd L (*W fwd R*) to SCP fcg DLC, - ;
- 6 Thru Promenade Sway & Change Sway ;**  
 S S 6 {**Thru Promenade Sway**} Thru R in SCP, -, fwd L in prom sway looking LOD with R sd stretch,  
 & {**Change Sway**} On last beat of music chg to oversway with L sd stretch ;

## Head Cues

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### Intro

1 – 8 Wait [Fcg Wall, trl hnds jnd, ld hnds tchg] ; ; Explode Apart ; Shape Together Touch ; Circle Walk 4, DLW ; ; Together Touch ; Box Finish, DLC ;

### Part A

1 – 16 Chasse Weave ; ; ; Running Forward Locks ; ; Hairpin ; Outside Spin ~ Right Turning Lock, BJO DLC ; ; ; Check ~ Fishtail 5 ; ; Quick Open Reverse ~ Progressive Chasse Semi ; ; ; Chair & Slip, DLC ;

### Part A Mod

1 – 16 Chasse Weave ; ; ; Running Forward Locks ; ; Hairpin ; Outside Spin ~ Right Turning Lock, BJO DLC ; ; ; Check ~ Fishtail 5 ; ; Quick Open Reverse ~ Box Finish, Wall ~ Small Change of Direction, DLW ; ; ;

### Part B

1 – 16 Quarter Turn & Progressive Chasse ; ; ; Ending w/Four Quick Run ; Forward ~ Maneuver Side Close ~ Overturn Spin Turn, DRW ; ; ; Box Finish, DLW ; Quarter Turn & Progressive Chasse ; ; ; Ending w/Four Quick Run ; Forward ~ Maneuver Side Close ~ Spin Turn, DLW ; ; ; Box Finish, DLC ;

### Part C

1 – 8 Telemark Semi ~ Natural Hover Fallaway ; ; ; Slip Pivot ~ Maneuver Side Close ~ Spin Turn ; ; ; ; Box Finish, DLC ;

### Part A

1 – 16 Chasse Weave ; ; ; Running Forward Locks ; ; Hairpin ; Outside Spin ~ Right Turning Lock, BJO DLC ; ; ; Check ~ Fishtail 5 ; ; Quick Open Reverse ~ Progressive Chasse Semi ; ; ; Chair & Slip, DLC ;

### Part D

1 – 16 Two Left Turns, BJO ; ; Step Hops, 2X ; Forward Lock Forward ; Maneuver Side Close ; Tipple Chasse Pivot ~ Hesitation Change, DLC ; ; ; Two Left Turns, BJO ; ; Step Hops, 2X ; Forward Lock Forward ; Maneuver Side Close ; Tipple Chasse Pivot ~ Hesitation Change, DLC ; ; ;

### Part C

1 – 8 Telemark Semi ~ Natural Hover Fallaway ; ; ; Slip Pivot ~ Maneuver Side Close ~ Spin Turn ; ; ; ; Box Finish, DLC ;

### Part A

1 – 16 Chasse Weave ; ; ; Running Forward Locks ; ; Hairpin ; Outside Spin ~ Right Turning Lock, BJO DLC ; ; ; Check ~ Fishtail 5 ; ; Quick Open Reverse ~ Progressive Chasse Semi ; ; ; Chair & Slip, DLC ;

### Ending

1 – 6 Two Left Turns, BJO ; ; Forward ~ Maneuver Side Close ~ Impetus Semi ; ; ; Thru Promenade Sway ~ Change Sway ;