

Kiss A Frog

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Music: Kiss (Cha Cha / 30)
Artist: C.F.D. Feat. Michael Wilson
Download: <https://casa-musica.com/en/single-tracks/23650-kiss-cha-cha-30.html>
Time: as downloaded 2:57
Slow Music in Audacity from 120 BPM to 112 BPM about -6.7%
NOTE: [this is the same music as our PH 6 Kiss a Prince]
Footwork: Opposite except where noted
Rhythm/Phase: Cha Phase 4
Sequence: Intro-A-Bridge-B-Bridge-A-END
Revised Dec 2025: All Whip cues in Part A have been changed to a X-body

INTRO

1-4 4 SAILOR SHUFFLES ; ; SPOT TURN IN 4 ; TRAVOLTA LINE HOLD LEAD HANDS ;

Wait pick up notes low BFLY WALL

- 1 1&2 3&4 {4 Sailor shuffles} XLIB R, sd L/sd R, XRIB L, sd R/sd L ;
- 2 5&6 7&8 XLIB R, sd L/sd R, XRIB L, sd R/sd L ;
- 3 {Spot trn in 4} XLIF comm RF trn, rec R cont trn to fc ptr, sd L, rec R ;
- 4 {Travolta line hold} With no hands joined pt L sd and lift lead arm straight up overhead with index finger pointing up & trail hand on hip ;

PART A

1-8 HALF BASIC & ALTERNATING UNDERARM TURNS ; FIRST LADY UNDER ; TRAIL HANDS MEN UNDER ; LEAD HANDS LADY UNDER TO BFLY ; NEW YORKER INTO X-BODY ; AND TWIRL ; NEW YORKER ; TIME STEP JOIN LEAD HANDS ;

- 1 {Half basic & alternating u/arm trns } Fwd L, rec R, sd L/cl R, sd L rsng ld arms to ld the first u/arm trn (Bk R, rec L, sd R/cl L, sd R) ;
- 2 {First ldy undr} Bk R, rec L, sd R/cl L, sd R switching to tr hnds (Fwd L undr ld hnds cmm RF trn, rec R fc M, sd L/cl R, sd) ;
- 3 {Tr hnds M undr} Fwd L undr tr hnds Cmm RF trn, rec R fc W, sd L/cl R, sd L switching to ld hnds (Bk R, rec L, sd R/cl L, sd R) ;
- 4 {Ld hnds lady undr} Bk R, rec L, sd R/cl L, sd R switching to tr hnds (Fwd L undr ld hnds cmm RF trn, rec R fc M, sd L/cl R, sd) ;
- 5 {New Yorker} Sharp trn RF to LOP RLOD fwd L, rec R trng to fc W, sd L/cl R, sd L ;
- 6 {Into Xbody & twrl} Bk R trng ¼ LF, rec fwd L trng ¼ LF, sd R/cl L, sd R (Fwd L outside M on his L sd, Fwd R trng ½ LF, undr M's L & W's R hnds twirl 1 full LF trn sd & fwd L/cl R, sd L to BFLY) COH/BFLY ;
- 7 {New Yorker} Sharp trn LF to OP LOD fwd R, rec L trng to fc W, sd R/cl L, sd R ;
- 8 {Time step} Release hnds XLIB, rec R, sd L/cl R, sd L jn ld hnds ;

- 9-14 CHASE WITH UNDERARM PASS ; FACE WALL ; REVERSE UNDERARM TURN ; UNDERARM TURN ; FENCELINE IN 4 ; HALF BASIC TO A ;**
- 9-10** {Chase w/u/arm pass fc WALL} Jn ld hnds fwd L trng ½ RF keep ld hnds jnd, fwd R WALL, fwd L/cl R, fwd L (Bk R, rec L, fwd R/cl L, fwd R) ; Rk bk R ld W past M's L sd to trn undr ld hnds, rec L, sd R/cl L, sd R (Fwd L, fwd R undr ld hnds trng LF fc M, sd L/cl R, sd L) BFLY WALL ;
- 11** {Rev u/arm trn} XLIF ld W to trn undr ld hnds, rec R, sd L/cl R, sd L (Fwd R RLOD undr ld hnds cmm LF trn, rec L trng LF fc M, sd R/cl L, sd R) ;
- 12** {U/arm trn} Bk R, rec L, sd R/cl L, small sd R (Fwd L undr ld hnds cmm RF trn, rec R fc M, sd L/cl R, sd L) BFLY WALL ;
- 13 1234** {Fenceline in 4} Fwd & across L with soft lunge, rec R, sd L, sd R BFLY WALL ;
- 14** {Half basic to a} Fwd L, rec R, sd L/cl R, sd L (Bk R, rec L, sdR/cl L, sd R) ;

15-24 FACING FAN MEN FACE LOD ; BASIC X-BODY ; OVERTURN TO TANDEM RLOD INTO ; TRIPLE CHAS ; ROCK RECOVER SHE TURNS INTO BACK TRIPLE CHAS ; ; X-BODY TO FAN MEN FACE WALL ; ALEMANA ; TO BFLY ; FENCELINE IN 4 ;

- 15** {Facing fan M fc LOD} Bk R, rec L trng LF to LOD, fwd R/XLIB, fwd R to fc W (Fwd L to M, fwd R trn ½ LF, bk L/XRIF, bk L) ;
- 16** {Basic Xbody ovrtrnd to fc RLOD} Fwd L, rec R, bk L/cl R, bk L ;
- 17** Bk R, rec L trng LF to fc RLOD, fwd R/cl L to R, fwd R (Fwd L, fwd R trng ½ LF to TANDEM RLOD, fwd L/lk RIB of L, fwd L) TANDEM RLOD no hnds jnd ;
- 18** {Into triples chas} Fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R, fwd R ;
- 19** {Rk rec she turns into bk triple chas} Fwd L, rec R, R hnd Star bk L/lk RIF of L, bk L (Fwd turn ½ LF, fwd L, jn ld hnds fwd R/lk LIB of R, fwd R) ;
- 20** Left hand star Bk R/lk LIF of R, bk R, jn ld hnds bk L/lk RIF of L, bk L (fwd L/lk RIB of L, fwd L fwd R/lkLib of R, fwd R) now facing partner and RLOD ;
- 21** {Xbody to a fan M fc WALL} Bk R, trn LF ¼ sd L, XRIF/rec L, sd R (fwd L, fwd R turn ½ LF BkL/lk R, bk L to Fan Pos WALL) ;
- 22-23** {Alemana to BFLY} Rk fwd L, rec R, cl L/ sd R sd L raise ld hnds palm to palm, rk bk R ld W RF undr jnd ld hnds, rec L cont undr arm trn, sd R/ cl L, sd R to BFLY (Cl R to L, fwd L, fwd R/ lk LIB of R fwd R swvl RF ; Fwd L trng RF undr jnd ld hnds to fc DRW, fwd R with strong RF trn to fc M, sd L/ cl R, sd L) BFLY WALL ;
- 24 1234** {Fenceline in 4} Fwd & across L with soft lunge, rec R, sd L, sd R ;

BRIDGE

- 1-4 SPOT TURN TO LOD ; WALK AND CHA TWICE ; ; FACE POINT KNEE POINT ;**
- 1** {Spot trn to LOD} Fwd & across L to RLOD trng RF, rec R cont trng to LOD, fwd L/lk RIB of L, L fwd (Fwd & across R RLOD trng LF, rec L cont LF trng to LOD, fwd R/lk LIB of R, fwd R) OPEN LOD NO hnds jnd ;
- 2 -3** {Walk & cha twice} Fwd R, fwd L fwd R/lock L fwd R ; Fwd L, fwd R fwd L/lock R fwd L OPEN LOD ;
- 4 1234** {Fc point knee point} Fwd R swivrel RF 1/4, pnt L sd, bring L knee up and across, point L sd (Fwd L swivel LF ¼, pnt R sd, bring R knee up and across, point R sd) WALL no hands joined ;

PART B

- 1-8 CIRCLE AWAY 2 MEASURES ; FACE PARTNER ; 4 CROSS POINTS TOGETHER TO BFLY ; ; FULL BASIC ; ; SAND STEP ; SIDE WALK 1 MEASURE ;**
- 1-2** {Circle away 2 measures to fc} Move away from ptr in a LF (W RF) semi circular pattern fwd L, fwd R, fwd L/ lk R behind L, fwd L to fc COH ; fwd R, fwd L, fwd R/lk L, behind R fwd R to fc partner & WALL
8' to 10' feet apart ;
- 3-4** {4 Cross points together} Moving toward partner fwd & across L point R to sd, fwd & across R point L to sd ; fwd & across L point R to sd, fwd & across R point L to BFLY WALL ;
- 5-6** {Full basic} Fwd L, rec R, keeping fwd poise bk L/pull R bk slightly, cl L to R (Bk R, rec L, fwd R/L R twist hips to LOD) ;
- 7** {Sand step} Slight swivel RF on R tch L toe to R instep, swivel LF on R tch L heel to floor, swivel RF on R XLIF/sd R, XLIF BFLY WALL ;
- 8** {Sidewalk} Sd R, cl L, sd R/cl L sd R BFLY WALL ;
- 9-16 SAND STEP ; SIDE WALK 1 MEASURE ; FENCELINE ; CRABWALK 2 MEASURES ; ; SHOULDER TO SHOULDER TWICE ; ; CUCARACHA TO A HANDSHAKE ;**
- 9-10 Repeat measures 7 & 8**
- 11** {Fenceline} Fwd & across L with soft lunge, rec R, sd L/cl R, sd L ;
- 12-13** {Crabwalk 2 meas} XRIF, sd L, XRIF/sd L, XRIF ; Sd L, XRIF, sd L/cl R, sd L ;
- 14-15** {Sh to Sh twice} Slight LF trn fwd R outsd ptrn , rec L, sd R/cl L, sd R ; Slight RF trn fwd L outsd ptrn, rec R, sd L/cl R, sd L ;
- 16** {Cucaracha to hndsk} Sd R w/pushing action, rec L, in plc R/L, R HNDSK ;
- 17-24 OPEN BREAK TO VARS RLOD ; WHEEL FACE LOD ; SLIDE THE DOOR TWICE ; JOIN TRAIL HANDS ; WALK AND CHA INTO A ; LEFT LARIAT ; MEN FACE WALL BFLY ; NEW YORKER ;**
- 17** {Open break to VARS RLOD} Apart L extending L arm out to sd, rec R & cmm trn ¼ RF, cont ¼ RF trn sd/cl R to L, sd L (Apart R extending L arm to sd, rec L & cmm LF ¼ trn, cont trn sd/cl L to R, sd R) to VARS RLOD ;
- 18** {Wheel fc LOD} Wheel ¼ RF fwd R, wheel ¼ RF fwd L to fc LOD, fwd R/L, fwd R (Almost in place wheel RF L, R, fwd L/lk RIB of L, fwd L) to VARS LOD ;
- 19-20** {Slide the door twice} Release R hnd Rk apt L, rec R release L hnd, crssng beh W XLIF/sd R XLIF jn R hnds ; Rk apt R, rec L release R hnds, crssng beh W XRIF/sd L, XRIF jn tr hnds OPEN LOD ;
- 21** {Walk & Cha} Fwd L, fwd R fwd L/lock R fwd L OPEN LOD ;
- 22-23** {Left lariat M fc WALL} Keep tr hnds jnd ld W CCW arnd M Sd R, rec L, cl R/Lip, RIP ; (Fwd L CCW arnd M, undr jn hnds fwd R, fwd L/cl R, fwd L) ; cont to ld W arnd to fc ptr sd L trng RF to WALL, rec R, cl L/cl R, sd L (Fwd R, fwd L, fwd R/ cl L sd R to fc ptr) to BFLY WALL ;
- 24 QQS** {New yorker} Sharp trn LF to OP LOD fwd R, rec L trng to fc W, sd R/cl L, sd R ;

REPEAT BRIDGE

REPEAT PART A

END

- 1-4 SAILOR SHUFFLES 4 TIMES ; ; SPOT TURN IN 4 ; TRAVOLTA LINE & BLOW**

KISS ;

- 1 1&2 3&4** {4 Sailor shuffles} XLIB R, sd L/sd R, XRIB L, sd R/sd L ;
- 2 5&6 7&8** XLIB R, sd L/sd R, XRIB L, sd R/sd L ;
- 3 1234** {Spot trn in 4} XLif (W XRif) comm RF trn (W LF), rec R cont trn to fc ptr, sd L, rec R ;
- 4 1&2** {Travolta line & blow kiss} With no hands joined pt L sd and lift lead arm straight up overhead with index finger pointing up & trl hnd on hip, ld hnd to mouth/blow kiss with ld hnd, hold ;

KISS A FROG 3 HEAD CUES

INTRO

4 SAILOR SHUFFLES ; ; SPOT TURN IN 4 ; TRAVOLTA LINE LEAD HANDS ;

PART A

HALF BASIC & ALTERNATING UNDERARM TURNS ; FIRST LADY UNDER ; TRAIL HANDS MEN UNDER ; LEAD HANDS LADY UNDER TO BFLY ; NEW YORKER INTO X-BODY ; WITH TWIRL ; NEW YORKER ; TIME STEP JOIN LEAD HANDS ; CHASE WITH UNDERARM PASS ; FACE WALL ; REVERSE UNDERARM TURN ; UNDERARM TURN ; FENCELINE IN 4 ; HALF BASIC TO A ; FACING FAN MEN FACE LOD ; BASIC X-BODY ; OVERTURN TO TANDEM RLOD INTO ; TRIPLE CHAS ; ROCK RECOVER SHE TURNS INTO BACK TRIPLE CHAS ; ; X-BODY TO FAN MEN FACE WALL ; ALEMANA ; TO BFLY ; FENCELINE IN 4 ;

BRIDGE

SPOT TURN TO LOD ; WALK AND CHA TWICE ; ; FACE POINT KNEE POINT ;

PART B

CIRCLE AWAY 2 MEASURES ; FACE PARTNER ; 4 CROSS POINTS TOGETHER TO BFLY ; ; FULL BASIC ; ; SAND STEP ; SIDE WALK 1 MEASURE ; SAND STEP ; SIDE WALK 1 MEASURE ; FENCELINE ; CRABWALK 2 MEASURES ; ; SHOULDER TO SHOULDER TWICE ; ; CUCARACHA TO A HANDSHAKE ; OPEN BREAK TO VARS RLOD ; WHEEL FACE LOD ; SLIDE THE DOOR TWICE ; JOIN TRAIL HANDS ; WALK AND CHA INTO A ; LEFT LARIAT ; MEN FACE WALL BFLY ; RUMBA HIP ROCKS ;

REPEAT BRIDGE

REPEAT PART A

END

4 SAILOR SHUFFLES ; ; SPOT TURN IN 4 ; TRAVOLTA LINE & BLOW KISS ;