

Rumba — Figure Descriptions

Basic Movements - Closed, Open, In Place, Alternative

CLOSE BASIC MOVEMENT

Start: LF fwd (Close Opp.; Normal Hold)

Finish: RF to side (Close Opp.; Normal Hold)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1-3 or 4-6 only may be used.

NOTE -Couple Position: May be danced in Open Opposing position with appropriate hold

OPEN BASIC MOVEMENT

Start: LF fwd (Open Opp.; LH to RH hold)

Finish: RF fwd (Open Opp.; LH TO RH hold)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1-3 or 4-6 only may be used.

NOTE -Lead-Hold-Shaping: May be danced without hold

ALTERNATIVE BASIC MOVEMENT

Start: LF closed to RF (Ex. Open Opp.; LH to RH)

Finish: LF to side (Close Opp.; Normal Hold)

//Timing: 2 3 4.1 //

Overview

Starting Position	Closed Position or Open Position
Turn	Both turn $\frac{1}{4}$ left (or up to $\frac{1}{2}$ left)
Lead/Hold	Weight changes throughout
Footwork	Ball flat throughout
Ending Position	Closed Position or Open Position
Duration	Six steps over 2 bars

Commence in Closed Position

Leader

Step	Foot Position	Turn	Count
1	LF forward	Begin $\frac{1}{8}$ L	2
2	Replace weight to RF		3
3	LF to side and slightly back	End $\frac{1}{8}$ L	4 1
4	RF back	Begin $\frac{1}{8}$ L	2

Step	Foot Position	Turn	Count
5	Replace weight to LF		3
6	RF to side	End $\frac{1}{8}$ L	4 1

Follower

Step	Foot Position	Turn	Count
1	RF back	Begin $\frac{1}{8}$ L	2
2	Replace weight to LF		3
3	RF side	End $\frac{1}{8}$ L	4 1
4	LF forward	Begin $\frac{1}{8}$ L	2
5	Replace weight to RF		3
6	LF side and slightly back	End $\frac{1}{8}$ L	4 1

Overview

Commence in Open Position Commenced in Open Position but danced in Closed Position, Open Position or without hold No turn. Similar to Basic except **Man** step 3, LF back, step 6 RF forward **Lady** step 3, RF forward, step 6 LF back

Progressive Walks Forward or Back, Forward in Right Shadow (kiki), Forward in R or L Side Position

PROGRESSIVE FORWARD WALKS

Start: RF fwd (R Diag. Same; RH on Lady's R shoulder)

Finish: RF fwd (Open Opp.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 4-9 only may be used.

NOTE - General Action: Lady may dance a Spiral Turn on step 6 and then continue as chart.

FORWARD AND BACKWARD WALKS AMALGAMATIONS

Start:

Finish:

//Timing: //

NOTE - General: After any figure or part of figure that ends in Open Opp. Position a series of Fwd or Bwd walks may be danced for a maximum of 2 bars of music (6 walks). When the Man is dancing Fwd Walks the Lady is dancing Bwd Walks and vice versa. The walks may curve to R or L. Man and Lady may dance a series of Fwd Walks for a maximum of 2 bars (6 walks) in R Side or L Side Same Position (e.g. following a Hand to Hand).

Overview

Starting Position	Closed or Open Position
Turn	No turn or with slight curve left or right
Footwork	Ball flat throughout. The front toe must remain in contact with the floor as it commences to move back
Ending Position	Closed or Open Position
Duration	Forward, Backward - three steps over 1 bar, six steps over 2 bars
Foot Position	Steps taken forward or backward with normal hip and timing

Walks Forward Man steps forward onto LF **Lady** steps backward onto RF

Overview

Walks Forward in Right Shadow Position

Starting Position	Right Side Position
Turn	No turn or up to ½ left
Footwork	Ball flat throughout
Ending Position	Right Side Position then selected Ending
Duration	Nine steps over 3 bars

Leader

Step	Foot Position	Turn	Count
1	LF back		2
2	Replace weight to RF		3
3	LF forward		4 1
4 - 9	6 walks forward RLR LRL	no turn or up to ½ L	2 3 4 1 2 3 4 1

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	Replace weight to LF		3
3	RF forward		4 1
4 - 9	6 walks forward LRL RLR	as for Man	2 3 4 1 2 3 4 1

Spot Turns - to Left, Right

SPOT TURN TO L

Start: RF fwd and slightly across (Right Side Same Pos.; no hold)

Finish: RF to side (Open Opp.; RH to LH)

//Timing: 2 3 4.1 //

SPOT TURN TO R

Start: LF fwd and slightly across (Left Side Same Pos.; no hold)

Finish: LF to side (Open Opp.; LH to RH)

//Timing: 2 3 4.1 //

Overview

Starting Position	Closed Position, Open Position, Promenade Position or Counter Promenade Position Spot turn may be danced solo while partner dances Cuban Rock or Basic steps 1 - 3.
Turn	One complete turn (when couple begin and end facing each other) to the left or right. Man and Lady circle in opposite directions, when danced at the same time.
Footwork	Ball flat throughout
Foot Position	Three forward walks, one foot may remain on the spot around which circle is made
Ending Position	Closed, Open Position, Promenade Position or Counter Promenade Position
Duration	Three steps over 1 bar

Spot Turn Right Man steps onto LF turning right **Lady** steps onto RF turning left

Switch Turns -to Right, Left

(ISTD only)

Start:

Finish:

//Timing: //

Under Arm Turns - Right, Left

UNDERARM TURN TURNING R

Start: RF bwd (Left Diag. R Angle Pos.; LH to RH)

Finish: RF to side (Close Opp.; Normal Hold)

//Timing: 2 3 4.1 //

UNDERARM TURN TURNING L

Start: LF fwd and slightly across (Left Diag. Same; LH to RH)

Finish: LF to side (Open Opp.; LH to RH)

//Timing: 2 3 4.1 //

Overview

Starting Position	Closed Position or Open Counter Promenade Position
Turn	Man no turn or turns $\frac{1}{8}$ left or right Lady turns one complete turn left or right
Footwork	Ball flat throughout
Ending Position	Closed or Open Position
Duration	Three steps over 1 bar

Under Arm Turn Left

Commenced in Closed Position Man dances an Alternative Basic Movement, while leading Lady by raising left arm and circling it in an anti-clockwise direction

Commenced in Open Counter Promenade Position Man dances Basic steps 1 - 3, taking the first step towards Lady's left side and turning $\frac{1}{8}$ left over steps 2 - 3. Lead as above

In either case Lady dances a Spot Turn Right (stepping on RF and turning left) under Man's arm

New York - to Left Side or Right Side Position**NEW YORK TO L**

Start: RF fwd (Right Side Same Pos.; RH to LH)

Finish: RF to side (Open Opp.; RH to LH)

//Timing: 2 3 4.1 //

NEW YORK TO R

Start: LF fwd (Left Side Same Pos.; LH to RH)

Finish: LF to side (Open Opp.; LH to RH)

//Timing: 2 3 4.1 //

Overview

Starting Position	Closed Position or Open Position
Starting Hold	Take left to right hand hold at end of previous step

Turn	Man turns $\frac{1}{4}$ right, $\frac{1}{2}$ left, $\frac{1}{4}$ right Lady turns $\frac{1}{4}$ left, $\frac{1}{2}$ right, $\frac{1}{4}$ left
Footwork	Ball flat throughout
Ending Position	Closed Position or Open Position
Duration	Six steps over 2 bars. Steps 1 - 3 may be repeated

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in LSP toe turned out	Increase tone in L arm and turn it with body over steps 1 - 3	$\frac{1}{4}$ R	2
2	Replace weight to RF		Begin $\frac{1}{4}$ L	3
3	LF side	Regain double hand hold	End $\frac{1}{4}$ L	4 1
4	RF forward in RSP toe turned out	Release L hand Increase tone in R arm and	$\frac{1}{4}$ L	2
5	Replace weight to LF	turn it with body over steps 4 - 6	Begin $\frac{1}{4}$ R	3
6	RF side	Regain required hand hold	End $\frac{1}{4}$ R	4 1

Follower

Step	Foot Position	Turn	Count
1	RF forward in LSP toe turned out	$\frac{1}{4}$ L	2
2	Replace weight to LF	Begin $\frac{1}{4}$ R	3
3	RF side	End $\frac{1}{4}$ R	4 1
4	LF forward in RSP toe turned out	$\frac{1}{4}$ R	2
5	Replace weight to RF	Begin $\frac{1}{4}$ L	3
6	LF side	End $\frac{1}{4}$ L	4 1

Hand to Hand - to Right Side, to Left Side

HAND TO HAND TO R

Start: RF bwd (Left Side Same Pos.; LH to RH)

Finish: RF fwd (Open Opp.; LH to RH)

//Timing: 2 3 4.1 //

HAND TO HAND TO L

Start: LF bwd (Right Side Same Pos.; RH to LH)

Finish: LF fwd (Open Opp.; RH to LH)

//Timing: 2 3 4.1 //

Overview

Starting Position	Closed Position
Starting Hold	Take double hand hold at end of preceding step
Turn	Man turns $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{4}$ left Lady turns $\frac{1}{4}$ right, $\frac{1}{4}$ left, $\frac{1}{4}$ right
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Nine steps over 3 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF back in RSP	Release L hand. Increase tone in R arm and turn it with body	$\frac{1}{4}$ L	2
2	Replace weight to RF		Begin $\frac{1}{4}$ R	3
3	LF side	Regain double hand hold	End $\frac{1}{4}$ R	4 1
4	RF back in LSP	Release R hand	$\frac{1}{4}$ R	2
5	Replace weight to LF		Begin $\frac{1}{4}$ L	3
6	RF side	Regain double hand hold	End $\frac{1}{4}$ L	4 1
7 - 9	Repeat steps 1 - 3			2 3 4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back in RSP	Hold both arms steady	$\frac{1}{4}$ R	2
2	Replace weight to LF		Begin $\frac{1}{4}$ L	3
3	RF side		End $\frac{1}{4}$ L	4 1
4	LF back in LSP		$\frac{1}{4}$ L	2
5	Replace weight to RF		Begin $\frac{1}{4}$ R	3
6	LF side		End $\frac{1}{4}$ R	4 1
7 - 9	Repeat steps 1 - 3			2 3 4 1

Alemana

Start: LF fwd (Fan L Angle; LH to RH)

Finish: RF fwd and slightly across body (R Diag. Opp.; Normal Hold)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 4-6 only may be used.

NOTE - Couple position: May start in Open Opp. Position.

NOTE- General Action: Steps 1-2 for Man may be danced as a Cuban Rock Action. Man may dance step 9 as a Side Walk or a Walk in Place depending on the following figure.

Overview

Starting Position	Fan Position
Turn	Man no turn Lady turns 1¼ right
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly release L arm tone	No turn	2
2	Replace weight to RF	Contract L arm		3
3	Close LF to RF	Raise L hand above Lady's R shoulder		4 1
4	RF back	Circle L hand clockwise over		2
5	Replace weight to LF	steps 4 - 5		3
6	Close RF to LF	Lower L arm to required hold		4 1

Follower

Step	Foot Position	Turn	Count
1	Close RF to LF		2
2	LF forward		3
3	RF forward	⅛ R	4 1
4 - 6	Three forward walks LRL Turn under Man's raised arm	1½ R	2 3 4 1

Fan

Start: RF to bwd (L Diag. Opp.; RH releases hold)

Finish: RF to side (Fan L Angle; LH to RH)

//Timing: 2 3 4.1 //

NOTE - Couple Position: May end in Open Opp. Position

Overview

Starting Position	Closed Position
Turn	Man turns ⅛ left Lady turns ¾ left
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Weight changes		2
2	Replace weight to RF		Begin $\frac{1}{8}$ L	3
3	LF to side and slightly back		End $\frac{1}{8}$ L	4 1
4	RF back	Lower L arm to waist level Increase tone in L arm		2
5	Replace weight to LF	Release R hand hold		3
6	RF to side in FP	Slightly extend L arm to indicate Lady's back step		4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back			2
2	Replace weight to LF		Begin $\frac{1}{8}$ L	3
3	RF to side		End $\frac{1}{8}$ L	4 1
4	LF forward			2
5	RF back and slightly to side	Brace R arm slightly	$\frac{1}{8}$ L	3
6	LF back in FP		$\frac{1}{8}$ L	4 1

Hockey Stick

Start: LF fwd (Fan L Angle; LH to RH)

Finish: RF fwd (Open Opp.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 //

Overview

Starting Position	Fan Position
Turn	Man turns $\frac{1}{8}$ right Lady turns $\frac{5}{8}$ left
Footwork	Ball flat throughout
Ending Position	Open Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly release L arm tone		2
2	Replace weight to RF	Contract L arm and gradually		3
3	Close LF to RF	raise it in front of Lady's head		4 1

Step	Foot Position	Lead/Hold	Turn	Count
4	RF behind LF	Turn Lady L by extending L arm	$\frac{1}{8}$ R	2
5	LF forward small step	Lower L arm		3
6	RF forward in Open P	Slightly extend L arm forward		4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	Close RF to LF			2
2	LF forward			3
3	RF forward			4 1
4	LF forward		Begin $\frac{5}{8}$ L	2
5	RF forward in line with LF RF back	Turn under Man's arm		3
6	LF back in Open P		End $\frac{5}{8}$ L	4 1

Natural Top

Start: RF crossed behind LF (Close Opp.; Normal Hold)

Finish: RF fwd and slightly across body OP (R Diag. Opp.; Normal Hold)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 7-9 only may be used.

NOTE - General Action: Man may lead the Lady to dance a Spiral Action turning to L on step 4 turning under the Man's arm, or a Spiral Cross turning to R on step 3. Man may dance step 9 as a Side Walk or a Walk in Place depending on the following figure.

Overview

Starting Position	Closed Position
Turn	Up to 2 complete turns right. Turn is continuous and square to partner.
Lead/Hold	Weight changes throughout
Footwork	Ball flat throughout. Heel of the RF should not lower until LF commences to move. The legs should be slightly flexed when feet are crossed and straighten when feet are apart. There is no hip movement.
Ending Position	Closed Position
Duration	Nine steps over 3 bars. Steps 7 - 9 only may be danced over 1 bar

Leader

Step	Foot Position	Turn	Count
1	RF behind LF toe to heel, toe turned out	Begin 2 turns R	2
2	LF side		3

Step	Foot Position	Turn	Count
3	RF behind LF toe to heel, toe turned out		4 1
4	LF side		2
5	RF behind LF toe to heel, toe turned out		3
6	LF side		4 1
7	RF behind LF toe to heel, toe turned out		2
8	LF side	End 2 turns R	3
9	Close RF to LF		4 1

Follower

Step	Foot Position	Count
1	LF side	Begin 2 turns R 2
2	RF in front of LF toe turned out	3
3	LF side	4 1
4	RF in front of LF toe turned out	2
5	LF side	3
6	RF in front of LF toe turned out	4 1
7	LF side	2
8	RF in front of LF toe turned out	End 2 turns R 3
9	LF side	4 1

Natural Opening Movement

Start:

Finish:

//Timing: //

Overview

Starting Position	Closed Position
Turn	Man slight body turn right Lady turns up to ½ right, ½ left
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Three steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF side in RSP	Increase tone in L arm Lower L hand to chest level Widen hold in R arm	Slight body turn R	2
2	Replace weight to RF	Retain tone in arms		3
3	Close LF to RF to end in CP	Gradually return arms to required hold	Body returns to normal position	4 1

Follower

Step	Foot Position	Turn	Count
1	RF back	½ R on LF	2
2	Replace weight to LF	Begin ½ L	3
3	RF side	End ½ L	4 1

Side Step to Right or Left

Start: LF to side (Close Opp.; Normal hold)

Finish: RF closed to LF (Close Opp.; Normal hold)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1-3, 4-6, 7-9 or 10- 12 only may be used. Man may dance Lady's steps and vice versa

Overview

Starting Position	Closed Position
Turn	No turn or curved left or right
Footwork	Ball flat throughout. When feet are not together on preceding step: Man brushes moving foot to stationary foot without weight Lady brushes moving foot to stationary foot without weight
Ending Position	Closed Position
Duration	Six steps over 2 bars

Side Step Left

Leader

Step	Foot Position	Count
1	LF side	2
2	Close RF to LF	3
3	LF side	4 1
4	Close RF to LF	2

Step	Foot Position	Count
5	LF side	3
6	Close LF to RF	4 1

Follower

Step	Foot Position	Count
1	RF side	2
2	Close LF to RF	3
3	RF side	4 1
4	Close LF to RF	2
5	RF side	3
6	Close LF to RF	4 1

Cucarachas RF or LF

Start: LF to side (Close Opp.; Normal hold)

Finish: RF closed to LF (Close Opp.; Normal hold)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1-3, 4-6, 7-9 or 10- 12 only may be used. Man may dance Lady's steps and vice versa

Overview

A Cucaracha is a group of three steps ended with feet together. Either foot is placed in any open position (forward, backward, side) with part weight. Weight is then transferred to the other foot and the moving foot closes

Starting Position	Closed Position with Normal or left to right hand hold
Turn	No turn, may be danced to left or right
Hip Action	A rotary or lateral hip may be used, but on step 1 the hips should not move beyond the leg line as only part weight is used
Ending Position	Closed Facing Position
Duration	Three steps over 1 bar

Cucaracha Left

Leader

Step	Foot Position	Footwork	Count
1	LF side with part weight	BF	2

Step	Foot Position	Footwork	Count
2	Replace weight to RF	F	3
3	Close LF to RF	BF	4 1

Follower

Step	Foot Position	Footwork	Count
1	RF side with part weight	BF	2
2	Replace weight to LF	F	3
3	Close RF to LF	BF	4 1

Shoulder to Shoulder - Left Side or Right Side

Start: LF fwd (l Diag. Opp.; w/o Hold)

Finish: RF to side (Open Opp.; w/o Hold)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1-3 or 4-6 only may be used. Man may dance Lady's steps and vice versa.

Overview

Starting Position	Open Position
Starting Hold	With or without hold
Turn	Man turns $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{4}$ left Lady turns $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{4}$ left
Lead/Hold	Weight changes throughout with or without hold
Footwork	Ball flat throughout
Ending Position	Promenade Position
Duration	Nine steps over 3 bars

Leader

Step	Foot Position	Turn	Count
1	LF forward OP on L side		2
2	Replace weight to RF		3
3	LF side and slightly forward	$\frac{1}{4}$ L	4 1
4	RF forward OP		2
5	Replace weight to LF		3
6	RF side and slightly forward	$\frac{1}{4}$ R	4 1
7	LF forward OP on L side		2
8	Replace weight to RF		3
9	LF side and slightly forward	$\frac{1}{4}$ L	4 1

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	Replace weight to LF OP on L side		3
3	RF side and slightly back	$\frac{1}{4}$ L	4 1
4	LF back		2
5	Replace weight to RF OP		3
6	LF side and slightly back	$\frac{1}{4}$ R	4 1
7	RF back		2
8	Replace weight to LF OP		3
9	RF side to PP	$\frac{1}{4}$ L	4 1

Reverse Top Aida

REVERSE TOP

Start: LF in place (Close Opp.; Normal Hold)

Finish: RF to side (Close. Opp.; Normal Hold)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 4-6 only may be used

NOTE - General Action/ Couple Position: Lady may dance two backward walks on steps 5-6 to finish in Fan L Angle Position (OPENING OUT FROM REVERSE TOP)

AIDA

Start: RF fwd(R Side. Same; RH to LH)

Finish: RF to side (Open Opp.; LH to RH)

//Timing: 2 3 4.1 2& 3 4.1 2 3 4.1 //

NOTE - General Action: Lady may dance a Spiral Cross or Spiral Turn at the end of the preceding step and follow as chart. Man may replace steps 1-3 with 3 bwd Walks, having turned $\frac{1}{4}$ to R on the preceding Step. Both Man and Lady may dance steps 1-3 as 3 BWD walks after a back Swivel on the preceding step ($\frac{1}{4}$ to R Man, $\frac{1}{4}$ to L Lady)

Overview

Starting Position	Contact Position
Turn	Up to two complete turns left Man and Lady rotate around Man's left toe which remains in place
Lead/Hold	Weight changes throughout
Footwork	Ball flat throughout
Hip Action	Knees do not straighten fully on steps 1 - 8, therefore only a slight natural hip action is used

Ending Position	Contact Position
Duration	Nine steps over 3 bars

Leader

Step	Foot Position	Turn	Count
1	RF side and slightly forward	Begin 2 L	2
2	Swivel on ball of LF to end LF in front of RF		3
3	RF side and slightly forward		4 1
4 - 9	Repeat steps 2 and 3 three times LR LR LR	End 2 L	2 3 4 1 2 3 4 1

Follower

Step	Foot Position	Turn	Count
1	LF behind RF	Begin 2 L	2
2	RF back and slightly side		3
3	LF behind RF		4 1
4 - 9	Repeat steps 2 and 3 three times RL RL RL	End 2 L	2 3 4 1 2 3 4 1

Overview

Starting Position	Contact Position
Turn	Man turns $\frac{3}{8}$ right Lady turns $\frac{3}{8}$ left
Footwork	Ball flat throughout
Ending Position	Side by side in V-shaped Position, complete with Ending
Duration	Three steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back	Increase tone in L arm, release R hand hold	Begin $\frac{3}{8}$ R	2
2	LF back	Slightly lower L arm and turn		3
3	RF back	it with body over 2 and 3	End $\frac{3}{8}$ R	4 1

Follower

Step	Foot Position	Turn	Count
1	LF back	Begin $\frac{3}{8}$ L	2
2	RF back		3
3	LF back	End $\frac{3}{8}$ L	4 1

Hip Twists - Closed, Open, Advanced

CLOSE HIP TWIST

Start: LF fwd (Back R Diag same; Normal Hold)

Finish: RF to side and slightly Fwd (Fan L Angle.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 //

OPEN HIP TWIST

Start: LF fwd (Open Opp.; LH to RH)

Finish: RF to side (Fan L Angle; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 4-6 only may be used.

Overview

Starting Position	Closed Position
Turn	Man slight body turn right Lady turns $\frac{1}{2}$ right, $\frac{1}{2}$ left, $\frac{3}{8}$ right, $\frac{5}{8}$ left On steps 1, 3, 6 turn is commenced towards end of previous beat of music
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF side in RSP	Increase tone in L arm, lower L hand to chest level. Widen hold of R arm	Slight body turn R	2
2	Replace weight to RF	Retain tone in arms		3
3	Close LF to RF	Retain tone, return arms to normal position	Begin slight body turn L	4 1
Between 3 and 4		Lower L arm to Promenade shape		
4	RF back	Return L arm to L side	End body turn in normal position	2
5	Replace weight to LF	Lead Lady to twist L by increasing tone in L arm. Release R hand hold		3
6	RF side in Fan Position	Slightly extend L arm		4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back in RSP		$\frac{1}{2}$ R on LF	2
2	Replace weight to LF			3
3	RF side, opposite Man's LF		$\frac{1}{2}$ L	4 1
4	LF forward, passing in front of Man	Strong twist, keeping as square to Man as possible	$\frac{3}{8}$ R	2

Step	Foot Position	Lead/Hold	Turn	Count
5	RF forward in line with LF, turn to end RF back		$\frac{5}{8}$ L, body turns less	3
6	LF back in Fan Position		Complete body turn	4 1

Overview

Starting Position	Closed Position
Turn	Man slight body turn right, $\frac{1}{8}$ left Lady turns $\frac{1}{2}$ right, $\frac{5}{8}$ left, $\frac{1}{4}$ right, $\frac{3}{4}$ left On steps 1, 3 and 4 turn is commenced towards end of previous beat of music
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in RSP	Increase tone, lower L arm to R at waist level. Widen arm in hold on R	Slight body turn R	2
2	Replace weight to RF	Retain tone in arm		3
3	LF behind RF	Return arms to normal position slightly R	Begin $\frac{1}{8}$ L, body turns less	4 1
Between 3 and 4		Lower L arm to Promenade shape	End $\frac{1}{8}$ L	
4	RF back	Return L arm to L side	Complete body turn	2
5	Replace weight to LF	Increase tone in L arm Release R hand hold		3
6	RF side in Fan Position	Slightly extend L arm, L hand still		4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back in RSP		$\frac{1}{2}$ R	2
2	Replace weight to LF		Begin $\frac{5}{8}$ L	3
3	RF forward OP on R side		End $\frac{5}{8}$ L	4 1
4	LF forward passing in front of Man	Strong twist, keeping as square to Man as possible	$\frac{1}{4}$ R	2
5	RF forward and slightly across to end RF back		Begin $\frac{3}{4}$ L	3
6	LF back in Fan Position		End $\frac{3}{4}$ L	4 1

Overview

Starting Position	Open Position
Turn	Man turns $\frac{1}{4}$ left Lady turns $\frac{3}{8}$ right, $\frac{5}{8}$ left On step 4 turn is commenced towards end of previous beat of music

Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly extend L arm forward		2
2	Replace weight to RF	Lead Lady forward by contracting L arm		3
3	Close LF to RF slightly back	to end L hand close to L hip		4 1
Between 3 and 4		Lead Lady to twist R by bracing L arm		
4	RF back small step	Move L arm to L side		2
5	Replace weight to LF	Lead lady L by increasing tone in L arm	Begin $\frac{1}{4}$ L	3
6	RF side and slightly forward	Slightly extend L arm	End $\frac{1}{4}$ L	4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	Close RF to LF			2
2	LF forward			3
3	RF forward	Resist pressure of Man's L arm on 5 by increasing tone		4 1
4	LF forward, small step	Strong twist, keeping as square to Man as possible	$\frac{3}{8}$ R	2
5	RF forward and slightly across, turn to end RF back		Begin $\frac{5}{8}$ L	3
6	LF back		End $\frac{5}{8}$ L	4 1

Spiral

Start: LF to side (Back R Diag. Same; Normal Hold)

Finish: RF fwd (Open Opp.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 //

Overview

A spiral turn, danced by the Lady, is a turn left on RF or right on LF, which allows the other foot to cross in front without weight. Normally a spiral turn will end with ankles crossed

Starting Position	Closed Position
--------------------------	-----------------

Turn	Man turns $\frac{1}{8}$ left Lady turns $\frac{1}{2}$ right, $1\frac{7}{8}$ left On step 4 turn is commenced towards end of previous beat of music
Footwork	Man ball flat throughout Lady ball flat, except on step 3 ball flat RF, toe of LF
Ending Position	Fan Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF side	Increase tone in L arm, lower L hand to chest level. Widen hold of R arm, lead Lady R with body turn	Slight body turn R	2
2	Replace weight to RF	Use body turn to lead Lady to turn L assisting with R hand	Begin body turn L	3
3	Close LF to RF	With R hand continue to turn Lady L	End body turn in	4 1
Between 3 and 4		Raise L hand above Lady's R shoulder and circle anti-clockwise	normal position	
4	RF back	Continue to turn lady, begin to lower L arm to waist level		2
5	Replace weight to LF	Increase tone in L arm	Begin $\frac{1}{8}$ L	3
6	RF side in Fan Position	Slightly extend L arm, L hand still	End $\frac{1}{8}$ L	4 1

Follower

Step	Foot Position	Turn	Count
1	RF back	$\frac{1}{2}$ R	2
2	Replace weight to LF	Begin $\frac{1}{4}$ L	3
3	RF forward	End $\frac{1}{4}$ L	4
Between 3 and 4	Spiral Turn	$\frac{7}{8}$ L on RF	1
4	LF forward	$\frac{1}{8}$ L	2
5	RF forward and slightly across and turn to end RF back	Begin $\frac{5}{8}$ L	3
6	LF back in Fan Position	End $\frac{5}{8}$ L	4 1

Cuban Rocks

Start:

Finish:

//Timing: 2 3 4.1 or 2&3 4.1 (SYNCOPATED CUBAN ROCKS) //

NOTE - Couple Position/ General Action: Cuban Rocks and Syncopated Cuban Rocks may be danced sideways in Close Opp. or Open Opp. Position, or fwd or bwd in Open Opp. Position. Syncopated

Cuban Rocks may also be danced following any figure that ends in Fan L Angle position. The Lady will dance a fwd and the Man a sideways Cuban rock action.

Overview

Starting Position	Any position where Man and Lady have feet apart
Turn	No turn
Footwork	Flat throughout
Lead/Hold	Weight changes
Ending Position	Starting position
Duration	Three steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Count
1	Replace weight to LF	Weight changes	2
2	Replace weight to RF		3
3	Replace weight to LF		4 1

Follower

Step	Foot Position	Count
1	Replace weight to RF	2
2	Replace weight to LF	3
3	Replace weight to RF	4 1

Opening out to Right and Left

Start: LF to side (R Diag. R Angle; Release LH hold)

Finish: RF closed to LF (Close Opp.; RH to Lady's L shoulder blade)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1-3 or 4-6 only may be danced Man may close RF to LF on the preceding step

Overview

Starting Position	Closed Position
Turn	Man no turn Lady turns $\frac{1}{4}$ right, $\frac{1}{2}$ left, $\frac{1}{4}$ right On steps 1 and 3, turn is commenced towards end of previous beat of music

Footwork	Man ball flat throughout except flat on steps 2 and 5 Lady ball flat throughout
Ending Position	Closed Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF to side	Widen R arm in hold to R side, Release L hand hold	No turn	2
2	Replace weight to RF	Contract R arm to CP over		3
3	Close LF to RF	steps 2 - 3, place L hand on Lady's R shoulder blade		4 1
4	RF to side	Widen L arm in hold to R side, Release R hand hold		2
5	Replace weight to LF	Contract L arm to CP over		3
6	Close RF to LF	steps 5 - 6. Release L hand hold, take required hold		4 1

Follower

Step	Foot Position	Turn	Count
1	RF back	¼ R	2
2	Replace weight to LF		3
3	RF to side	¼ L	4 1
4	LF back	¼ L	2
5	Replace weight to RF		3
6	LF to side	¼ R	4 1

Curl

Start: LF fwd (Open Opp.; LH to RH)

Finish: RF to side (Fan L Angle; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 //

Overview

Starting Position	Open Position
Starting Hold	Left to right hand hold
Turn	Man turns ⅜ left Lady turns 2¾ left
Footwork	Man ball flat throughout Lady ball flat, except on step 3 ball flat RF, toe of LF
Ending Position	Fan Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward, toe turned out			2
2	Replace weight to RF			3
3	Close LF to RF	Raise L arm, lead Lady to turn L		4 1
4	RF back	Continue to turn Lady, begin to lower L arm to waist level		2
5	Replace weight to LF	Increase tone in L arm	Begin $\frac{1}{8}$ L	3
6	RF side and slightly forward in Fan Position	Slightly extend L arm	End $\frac{1}{8}$ L	4 1

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	Replace weight to LF		3
3	RF forward		4 1
Between 3 and 4	Spiral Turn	$\frac{5}{8}$ L on RF	
4	LF forward	$\frac{1}{8}$ L	2
5	RF back and slightly to side	$\frac{5}{8}$ L body turns less	3
6	LF back	Complete body turn	4 1

Opening out from Reverse Top

(ISTD only)

Start:

Finish:

//Timing: //

Overview

Starting Position	Contact Position
Turn	Man turns $\frac{3}{8}$ left Lady turns $\frac{5}{8}$ left
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Three steps over 1 bar

Leader

Step	Foot Position	Holds / Leads	Turn	Count
1	RF side and slightly forward	Release R hand	Begin $\frac{3}{8}$ L	2
2	LF in front of RF	Lead Lady by increasing tone in L arm, retain normal position as body turns		3
3	RF side in Fan Position	Slightly extend L arm, L hand still	End $\frac{3}{8}$ L	4 1

Follower

Step	Foot Position	Turn	Count
1	LF behind RF	Begin $\frac{5}{8}$ L	2
2	RF back and slightly side		3
3	LF back in Fan Position	End $\frac{5}{8}$ L	4 1

Sliding Doors

Start: LF fwd (Fan L Angle; LH to RH)

Finish: RF closed to LF (R Side Same.; RH on Lady's R shoulder)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 1- 6 only may be used. Steps 7 - 12 may be repeated.

NOTE - General Action/ Hold: When followed by the Spiral, it is danced without hold. Man may replace steps 4-6 of the Spiral with 3 Fwd walks.

Overview

Starting Position	Fan Position
Turn	Man turns $\frac{1}{8}$ right Lady turns $\frac{1}{8}$ left
Footwork	Ball flat throughout
Ending Position	Right Side Position
Duration	Twelve steps over 4 bars. Steps 7 - 12 may be repeated

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly release L arm tone		2
2	Replace weight to RF	Contract L arm		3
3	Close LF to RF	Raise L hand in front of Lady's head		4 1
4	RF behind LF	Extend L arm forward, take R to L hand hold at waist level	$\frac{1}{8}$ R	2
5	LF forward and slightly left	Lower L arm to waist level R arm behind Lady's back		3
6	Close RF to LF in RSP	Retain tone in arms		4 1

Step	Foot Position	Lead/Hold	Turn	Count
7	LF side		Slight body turn R	2
8	Replace weight to RF			3
9	Close LF to RF in Tandem Position	Extend arms slightly forward	Return body to normal position	4 1
10	RF side	Extend arms to L		2
11	Replace weight to LF	Retract arms		3
12	Close RF to LF in RSP	Retain tone in arms		4 1

Follower

Step	Foot Position	Turn	Count
1	Close RF to LF		2
2	LF forward		3
3	RF forward		4 1
4	LF forward	$\frac{1}{8}$ L	2
5	RF side and slightly back		3
6	LF side in RSP		4 1
7	RF back		2
8	Replace weight to LF		3
9	RF forward and across in TP		4 1
10	LF side		2
11	Replace weight to RF in TP		3
12	LF back and across in RSP		4 1

Rope Spinning

Start: LF to side (R Diag. Opp.; LH to RH)

Finish: RF closed to LF (Close Opp.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE- Couple Position: It may end in Open Opp. Position

NOTE - General Action/ Couple Position: Man May dance step 6 as a Side Walk or both dance step 6 as a step fwd and slightly across body OP to end in R Diag. Opp. Position

Overview

The rope spinning action commences on the last step of the preceding figure when the Man leads Lady to Spiral Turn to her right under his raised left arm as he leans R, releasing

hold with R hand to end with Lady on his R side facing away

Turn	Man body turn only Lady turns 2 complete turns right
Footwork	Man ball flat throughout Lady preceding step ball flat RF, toe of LF; then ball flat throughout
Ending Position	Closed Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
Between preceding step and 1		Lead Lady to spiral R under raised L arm, release hold with R hand	Body turn R	(& 1)
1	LF side	Lead Lady with L hand to	Begin body turn L	2
2	Replace weight to RF	walk forward circling from		3
3	Close LF to RF in LSP	Man's R side, behind his back over steps 1 - 6	End body turn in normal position	4 1
4	RF back			2
5	Replace weight to LF			3
6	Close LF to RF	Take required hold		4 1

Follower

Step	Foot Position	Turn	Count
Between preceding step and 1	Spiral turn	1 turn R on LF	(& 1)
1 - 3	3 Walks forward RLR Circle R behind man's back to LSP	½ R	2 3 4 1
4 - 6	3 Walks forward LRL Circle R to end facing Man circling R to end facing partner	½ R	2 3 4 1

Three Alemanas

Start: LF fwd (Fan L Angle; LH to RH)

Finish: RF fwd and slightly across body (R Diag. Opp.; Normal Hold)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - Couple position: May start in Open Opp. Position. May end in Open Opposing Pos. NOTE

General Action: Steps 1-2 for Man may be danced as a Cuban Rock Action.

Overview

Starting Position	Fan Position or Open Position
Turn	Man no turn Lady from Fan Position turns $1\frac{3}{4}$ right, $1\frac{1}{2}$ left, 1 turn right from Open Position turns $1\frac{1}{8}$ right
Footwork	Ball flat throughout except Man step 8 flat (steps 7 - 9 Side Cucaracha)
Ending Position	Closed Position
Duration	Twelve steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly release L arm tone		2
2	Replace weight to RF	Contract L arm		3
3	Close LF to RF	Raise L hand above Lady's R shoulder		4 1
4	RF back	Circle L hand clockwise over		2
5	Replace weight to LF	steps 4 - 5		3
6	Close RF to LF	Lower L arm to required hold	Slight body turn R	4 1
7	LF side	Raise L arm to lead Lady to turn L	Body returns to normal position	2
8	Replace weight to RF			3
9	Close LF to RF	Achieve Closed P with L hand hold		4 1
10	RF back	Raise L arm to lead Lady to turn R		2
11	Replace weight to LF			3
12	Close RF to LF	Take up normal hold		4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	Close RF to LF			2
2	LF forward			3
3	RF forward		Begin $1\frac{1}{4}$ R	4 1
4	LF forward	Under Man's raised arm		2
5	RF forward			3
6	LF forward, turned to end LF back		End $1\frac{1}{4}$ R $\frac{1}{2}$ R	4 1
7	RF forward turned to end RF back		$\frac{1}{8}$ L $\frac{3}{4}$ L	2 &
8	LF forward		$\frac{1}{8}$ L	3
9	RF forward		$\frac{1}{2}$ L	4 1
10	RF back		Begin 1 turn R	2
11	Replace weight to RF			3
12	LF forward		End 1 turn R	4 1

Continuous Hip Twists

Start: LF fwd, T turned out (Back R Diag. same; Normal Hold)

Finish: RF fwd and slightly across body (R Diag. Opp.; Normal Hold)

//Timing: 2 3 4.1 2 3 4.1 //

NOTE - General Action: Steps 1-3 may be danced as a Cucaracha to L. Step 6 may be danced as RF closed to LF, in that case steps 4-6 will be a Cucaracha to R

Overview

Starting Position	Closed Position
Turn	Man Turns $\frac{1}{8}$ left, $\frac{1}{4}$ right Lady turns $\frac{1}{2}$ right, $\frac{5}{8}$ left, $\frac{3}{8}$ right, $\frac{3}{8}$ left On steps 1, 3 and 4 turn is commenced towards end of preceding beat of music
Footwork	Ball flat throughout except
Ending Position	Closed Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in RSP	Increase tone and lower L arm to R at chest level. Widen R arm in hold to R side	Slight body turn R	2
2	Replace weight to RF			3
3	LF behind RF	Return arms to normal position retaining tone	$\frac{1}{8}$ L body turns less	4
Between 3 and 4		Lower L arm to Promenade shape	Complete body turn	1
4	RF diagonally back part weight	Lower L arm slightly		2
5	Replace weight to LF	L hand still	Slight body turn R	3
6	RF forward in line with LF, towards Lady's R side	Return arms to normal position	$\frac{1}{4}$ R body turns slightly more	4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back in RSP		$\frac{1}{2}$ R	2
2	Replace weight to LF			3
3	RF forward in line with LF towards Man's R side		$\frac{5}{8}$ L	4 1
4	LF forward and across	Strong twist, keeping as square to Man as possible	$\frac{3}{8}$ R	2
5	RF forward and across towards man's R side		$\frac{3}{8}$ L	3

Step	Foot Position	Lead/Hold	Turn	Count
6	LF forward in line with RF, then turn to end side and slightly forward		$\frac{1}{8}$ R $\frac{1}{4}$ R	4 1

Circular Hip Twists

Start: LF fwd (Back R Diag. same; RH to RH or Normal Hold)

Finish: RF to side (Fan L Angle.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE - General: Steps 10 - 12 may be replaced by steps 4 -6 of Close Hip twist finished to side.

Overview

Starting Position	Closed Position
Turn	Man turns $\frac{7}{8}$ left Lady turns $\frac{1}{2}$ right, $\frac{5}{8}$ left, ($\frac{1}{4}$ right, $\frac{1}{2}$ left) three times
Footwork	Ball flat throughout.
Ending Position	Fan Position
Duration	Nine steps over 3 bars plus Ending

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in RSP	Increase tone and lower L arm to R at chest level. Widen R arm in hold to R side	Slight body turn R	2
2	Replace weight to RF			3
3	LF behind RF	Return arms to normal position retaining tone	$\frac{1}{8}$ L body turns less	4
Between 3 and 4		Extend L arm slightly forward at normal level retaining tone	Return body to normal position	1
4	RF side and slightly back		$\frac{1}{8}$ L	2
5	LF behind RF	Return arms to normal position and slightly R	$\frac{1}{8}$ L	3
Between 5 and 6		Extend L arm slightly forward at normal level retaining tone		
6	RF side		$\frac{1}{8}$ L	4 1
7 - 8	Repeat steps 5 - 6		$\frac{1}{4}$ L	2 3
9	Repeat step 5		$\frac{1}{8}$ L	4 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back in RSP		$\frac{1}{2}$ R	2
2	Replace weight to LF			3
3	RF forward in line with LF towards Man's R side		$\frac{5}{8}$ L	4 1
4	LF forward	Strong twist, keeping as square to Man as possible	$\frac{1}{4}$ R	2
5	Close RF to LF turn to end RF back		$\frac{1}{2}$ L	3
6 - 9	Repeat steps 4 - 5 twice		$\frac{1}{4}$ R, $\frac{1}{2}$ L, $\frac{1}{4}$ R, $\frac{1}{2}$ L	4 1 2 3 4 1

Fencing

Start: LF fwd (Fan L Angle; LH to RH)

Finish: RF to side (Open Opp.; Normal Hold or w/o hold)

//Timing: 2 3 4.1 2 3 4.1 2.3 4.1 //

NOTE - General: Steps 1-6 only may be used

NOTE - General Action/: Steps 7-8 may be danced by one partner only, the other partner will dance a Syncopated Cuban Rock When dancing only steps 1-6 Man and Lady may both turn and the end of step 6 Man 1 full turn to R, Lady to L) to end in Open or Close Opp. Position with free foot closed w/o weight. Man may also lead the Lady to turn a full turn to L under his LH on step 6.

Overview

Starting Position	Fan Position
Turn	Man turns $\frac{1}{8}$ left, $\frac{1}{4}$ right Lady turns $\frac{3}{8}$ right, $\frac{1}{4}$ left
Ending Position	Open Counter Promenade Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Footwork	Count
1	LF forward	Slightly release L arm tone		BF through-	2
2	Replace weight to RF	Contract L arm		out	3
3	LF side in PP	Extend L arm across body to R, then sharply extend it L	$\frac{1}{8}$ L		4 1
4	RF forward and across in PP R knee flexed	Retain tone in L arm			2

Step	Foot Position	Lead/Hold	Turn	Footwork	Count
5	Replace weight to LF				3
6	RF side in Open CPP	Take required hold	$\frac{1}{4}$ R		4 1

Follower

Step	Foot Position	Turn	Footwork	Count
1	Close RF to LF		BF	2
2	LF forward		BF	3
3	RF forward then turn to PP with LF extended diagonally back without weight	$\frac{3}{8}$ R	BF (RF) IE toe LF	4 1
4	LF forward and across in PP L knee flexed		BF	2
5	Replace weight to RF		BF	3
6	LF side in Open CPP	$\frac{1}{4}$ L	BF	4 1

Three Threes

Start: LF fwd (Open Opp.; LH to RH)

Finish: RF fwd (Open Opp.; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 //

NOTE- General Action / Couple Position: Alternative endings • Lady may dance a Fwd Walk on step 9, turning $\frac{1}{2}$ to R (Swivel) at the end of step 9, followed by a Fwd Walk Turning, Wt Transfer in Place and Fwd Walk Turning to end in Open Opp. Position w/o Hold • Lady may dance a Fwd Walk on step 9 followed by a Fwd Walk Turning, Weight Transfer in Place and Fwd Walk to end in R Diag. Opp. Position w/o Hold or in Normal Hold

Overview

Starting Position	Open Position
Turn	Man body turn only Lady turns $\frac{1}{2}$ right, 1 turn left, $1\frac{1}{2}$ right
Footwork	Man ball flat throughout Lady preceding step ball flat RF, toe of LF; then ball flat throughout
Ending Position	Closed Position
Duration	Twelve steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly extend L arm forward		2
2	Replace weight to RF	Contract L arm over steps 2 - 3		3

Step	Foot Position	Lead/Hold	Turn	Count
3	Close LF to RF slightly back in Tandem P	to end with L hand close to L hip. Brace L arm at end		4 1
4	RF back	Release hold, place hands on Lady's shoulders at end of her turn		2
5	Replace weight to LF			3
6	Close RF to LF in TP	Increase tone, R arm slightly forward, L arm slightly back Release hold, place hands on Lady's shoulders at end of her turn		4 1
7	LF diagonally forward with part weight	Retain tone in both arms	Slight body turn R	2
8	Replace weight to RF			3
9	Close LF to RF	Increase tone, L arm slightly forward, R arm slightly back then release hold	Body return to normal position	4 1
10	RF back			2
11	Replace weight to LF			3
12	Close RF to LF in Closed P	Take required hold		4 1

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	Replace weight to LF		3
3	RF forward, then turn closing LF to RF without weight in TP	½ R	4 1
4	Replace weight to LF		2
5	Replace weight to RF		3
6	Replace weight to LF, then turn closing RF to LF slightly back without weight in TP	1 turn L	4 1
7	RF diagonally back without weight		2
8	Replace weight to LF		3
9	RF forward, then turn with LF trailing behind without weight	½ R	4 1
10 - 12	3 forward walks, LF RF LF to end in Closed P	1 turn R over steps 10 - 12	2 3 4 1

Syncopated Open Hip Twist

(WDSF only)

Start: LF fwd (Open Opp.; LH to RH)

Finish: RF to side (Fan L Angle.; LH to RH)

//Timing: 2 3 4.1 2& 3 4.1 //

NOTE - General: Steps 4-6 only may be used.

NOTE - Couple Position: May end in Open Opp. Position

NOTE - Timing: Alternative timing & 4.1 may be used on steps 3 and 4

Advanced Sliding Doors

(WDSF only)

Start: LF fwd (Back R Diag. Same; w/o Hold)

Finish: RF fwd and slightly across body (R Diag. Opp.; w/o Hold)

//Timing: 2 3 4.1 2 3 4.1 //

Swivels

(WDSF only)

Start: RF to side (L Diag. R Angle.; Normal Hold)

Finish: RF to side (Fan L Angle; LH to RH)

//Timing: 2 3 4.1 2 3 4.1 2 3 4. //

NOTE - Couple Position: It may end in Open Opp. Position

Overtured Basic

(WDSF only)

Start: LF fwd (Ext. Open Opp.; LH to RH)

Finish: LF bwd (Open Opp.; LH to RH)

//Timing: 2 3 4.1 2 3 4. //

NOTE - General: Steps 1-4 only may be used. After step 7 it is possible to follow with steps 4-6 of Alemana from Open Opp. Position, Curl, Open Hip Twist, Syncopated Open Hip Twist.....

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