Rumba

Approved Syllabus · Latin American Style

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1. Basic Movements – Closed,Open, In Place, Alternative
2. Progressive Walks Forward or Back, Forward in Right Shadow (kiki), Forward in R or L Side Position
3. Spot Turns – to Left, Right
4. Switch Turns –to Right, Left *(ISTD only)*
5. Under Arm Turns - Right, Left
6. New York – to Left Side or Right Side Position
7. Hand to Hand – to Right Side, to Left Side
8. Alemana
9. Fan
10. Hockey Stick
11. Natural Top
12. Natural Opening Movement
13. Side Step to Right or Left
14. Cucarachas RF or LF
15. Shoulder to Shoulder – Left Side or Right Side
16. Reverse Top Aida
17. Hip Twists – Closed, Open, Advanced
18. Spiral
19. Cuban Rocks
20. Opening out to Right and Left
21. Curl
22. Opening out from Reverse Top *(ISTD only)*
23. Sliding Doors
24. Rope Spinning
25. Three Alemanas
26. Continuous Hip Twists
27. Circular Hip Twists
28. Fencing
29. Three Threes
30. Syncopated Open Hip Twist *(WDSF only)*
31. Advanced Sliding Doors *(WDSF only)*
32. Swivels *(WDSF only)*
33. Overturned Basic *(WDSF only)*

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