

Basic Rumba walk exercise

8 bars or measures

Group 1

Open Hip Twist ending in Open Facing Position

234(1) 234(1)

Curl

234(1)

Reverse Top

234(1) 234(1)

Aida

234(1)

Ending # 1 Cuban Rock and Switch Turn

234(1) 234(1)

Ending # 2 Double Spot Turn

234(1) 234(1)

May continue with

Side Steps (Alternative Basic closing)

234(1) 234(1)

Cucarachas (two hand hold)

234(1) 234(1) 234(1)

Group 2

1-3 Open Basic Movement

234(1)

Progressive Walks Back (curving)

234(1) 234(1)

Natural Top

234(1)

Spiral

234(1) 234(1)

Group 3

Fan (Development)

234(1) 234(1)

Alemana

234(1) 234(1)

Rope Spinning

234(1) 234(1)

Opening Out to Right and Left

234(1) 234(1)

Spiral

234(1) 234(1)

End in Open Facing Position, or Closed Facing Position

Silver American Style Rumba

Group 1

Bars or Measures

Cuban Walk Variation

QQS X 8

Snap Underarm Turn measures 7 & 8 (QQS X 2)

Group 2

Promenade Walks and Swivels

QQS X 8

Rumba Danson

QQS X 8

Group 3

Traveling Cross

QQS X 8

Spot Turn With Underarm Turn

QQS X 8

Open Cross Over

QQS X 8

Wrap Around

QQS X 8