

Rumba (part 1) – March 2008

Commence in open hold facing wall. (alignment given for guidance only)
Mans steps described. Lady normal opposite unless mentioned.

Bar	Description	Comments	Count
1	Fwd Basic	Open slightly towards PP	2,3,41
2	Aida	Turning slightly L step through with RF. Turning R step side LF, back RF. End in inverted V shape backing LOD	2,3,41
3	Cuban rock	Rock fwd, back, fwd (L,R,L)	2,3,41
4	Syncopated rock and side step	Rock back, fwd, back, turn to face partner and close LF to RF, RF to side	2&3,4,1
5	Fencing line	Raising joined hands to head height and extending free arm, LF across in counter PP (check), replace weight to RF, LF to side facing partner	2,3,41
6	Man underarm turn	Man dances spot turn to L under joined hands. Lady dances diagonal LF check	2,3,41
7	Lady underarm turn	Man dances diagonal LF check Lady dances spot turn to L under joined hands.	2,3,41
8	Outside check with leg lift	Man dances diagonal RF check, placing back of R hand behind lady's back, replace to LF, side RF taking double hold. Lady, turning L, checks back LF lifting RF, replaces to RF, side LF facing partner	2,3,41
9	Shoulder to shoulder sit	Man takes macho pose, "pushing" lady down into a sitting check	2,3,41
10	Spot turn to L	End with hold and alignment to suit following figure	2,3,41

These notes are merely an aide-memoire for those attending the workshop, not a complete description of the figures taught.

Rumba (part 2) – March 2008

Commence in open hold facing wall. (alignment given for guidance only)
Mans steps described. Lady normal opposite unless mentioned.

Bar	Description	Comments	Count
1, 2	Basic or hip-twist to fan	End in normal fan position	2,3,41 2,3,41
3	Type of hockey stick	Fwd L, replace, close LF to RF, leading lady across and raising joined arms Lady close RF to LF, LF fwd, RF fwd	2,3,41
4		RF back, replace to LF, RF fwd diag W behind lady, lowering joined hands onto lady's L shoulder Lady curving L under raised arm, LF fwd, RF fwd, LF fwd, placing man's hand on your L shoulder	2,3,41
5	Switch turn	Releasing hold, LF fwd (slightly R to avoid partner), turning ½ R replace weight fwd to RF, LF fwd, turn ½ R on LF leaving RF in place. End facing partner, weight back on LF. Lady RF fwd, turning ½ L replace weight fwd to LF, RF fwd	2,3,4,1 2,3,41
6	Top variation (man dances lady's steps and vice versa)	RF back, replace to LF, RF fwd between partner's feet, taking hold. Lady LF fwd, replace to RF, LF to side starting to turn R	2,3,41
7		Turning to R and keeping RF approximately in place over next 9 steps, LF to side, cross RF in front, LF to side. Lady cross RF behind LF, LF to side, cross RF behind RF	2,3,41
8		Cross RF in front of LF, LF to side, cross RF in front. Lady LF to side, cross RF behind RF, LF to side.	2,3,41
9		LF to side, cross RF in front, close LF to RF. Lady cross RF behind LF, LF to side, close RF to LF	2,3,41
10	Cucaracha to R	RF to side with part weight, replace, close RF to LF (slightly back to allow space for bar 12)	2,3,41
11	Cucaracha to L	LF to side with part weight, replace, close LF to RF, slightly back	2,3,41
12	Allemana turn	Moving slightly apart during the cucarachas should allow space for the lady to turn under joined hands	2,3,41

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Waltz – March 2008

Commence facing DW (note unusual starting alignment for reverse figure)

Bar	Description	Comments	Count
1	Half reverse turn	End backing W	1,2,3
2	Hover corte (underturned)	Turning 1/8 L, RF back, LF diag fwd rising to hover, replace weight to RF, end backing DW Lady LF fwd, RF diagonally back hover action, LF fwd having brushed towards RF	1,2,3
3	Open impetus turn	Turning R, LF back, RF closes to LF (heel turn), LF to side in PP moving along LOD. Lady as per spin turn, RF fwd, LF side and slightly back, RF to side in PP having brushed to LF	1,2,3
4	Promenade swivel	RF fwd and across in PP, swivel on RF to face partner brushing LF to RF in a hover action, LF to side in PP	1,2,3
5	Natural fallaway	Turning R, retaining PP, RF fwd and across in PP, LF to side in PP, RF back in PP (now fallaway) moving back DC	1,2,3
6	Fallaway lock (optional)	Optional back lock in fallaway position moving DC	1,2,&,3
7	Slip pivot	LF back in fallaway, preparing lady to turn square, turning L slip RF back turning lady square, LF diag fwd facing DW Lady RF back pivoting L on ball of foot, LF fwd in line with partner continuing to turn, RF diag back.	1,2,3

Continue RF fwd OP into any natural figure

Quickstep – March 2008

Commence DW, precede with lock step or similar

Bar	Description	Comments	Count
1	Half natural turn		SQQ
2,3	Spin turn	Underturned to end backing DC against LOD	SSS
3,4	Progressive chasse	End facing DC	SQQS
5	Walk	RF fwd OP in CBMP	S
5,6	Quick open reverse	Turning L, LF fwd, RF side, LF back in CBMP PO, backing LOD	SQQ
6	Reverse pivot	RF back in CBMP, small step, pivoting to L on toe, end facing DW	S
7	Double tipsy	Turning L, LF fwd DW. On toes, RF side to W, LF close to RF, RF side to W, LF close to RF.	SQ&Q&
8,9	Check to double lock	RF side to W softening the knee, flick LF behind RF and briefly turn head to R. LF fwd DC on toes into double lock action.	S QQQQS
10,11	Fishtail	RF fwd OP in CBMP, (check) Rising to toes and turning ¼ to R, LF cross behind RF, RF fwd and slightly to R, LF fwd and slightly L moving DW, RF cross behind LF, LF diagonally fwd.	SQQQQS
<i>OR Alternative ending</i>			
10,11	Check, twinkle and lock	RF fwd OP in CBMP, (check) LF back small step turning R, RF closes to LF on toes, LF fwd and slightly L moving DW, RF cross behind LF, LF diagonally fwd.	S QQQQS

Continue RF fwd OP into any natural figure

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