

LATIN STEP LISTS AND TIMING

RULES:

1. NOBODY gets hurt (physically or emotionally)
2. EVERYBODY has fun.

Please note that the syllabus may change from time to time based upon the needs and interests of the students and the whims of the instructor(s).

Most students need about 3-4 REPEAT CLASSES to become comfortable with the material and to start implementing proper techniques. Repeating classes are not a sign of failure to learn, but a sign of dedication to learning. The step lists are merely an aid to remembering what you are learning in class. Repeat, Repeat, Repeat, your classes—Repeats are FREE.

Cha Cha

1. Side Basic
2. Parallel Breaks (outside partner)
3. 1/5th Position Breaks (with under arm turn)
4. Cross-Over (Charge)
5. Back Breaks
6. Cross Over Charge with walk out to open.
7. Cross Body Lead

Mambo and / or Salsa

1. Basic
2. Parallel Breaks
3. Side Breaks
1. La Cucaracha
4. Cumbia =1/5th Position Breaks (with under arm turn)
5. Cross-Over (Charge)
6. Back Breaks
7. Cross Over Charge with walk out to open.
8. Cross Body Lead

Cathy Ewing and Company, Colorado's Social Dance Specialists

www.ifyoucantdance.com

(303) 733-8107

cathy-ewing@comcast.net

Rumba

1. Box
2. Turning Box
3. 1/5th Position Breaks (with under arm turn)
4. Cross Over Charge
5. 6-Count Under Arm Turn

Samba

1. Basic "American Casio"
2. Box "Brazilian Casio"
3. Turning Box
4. 1/5th Position Breaks (with under arm turn)
5. Copa
6. Open Copa

BEGINNING BALLROOM LATIN TIMING AND BASICS

Basic Cha Cha	Slow	Slow	Quick	Quick	Slow	Slow	Slow	Quick	Quick	Slow
Timing	—		•	•	—	—	—	•	•	—
Count	2	3	4	&	5	6	7	8	&	1
Called	rock	&	Cha	Cha	Cha	rock	&	Cha	Cha	Cha
Man	b	F	s	TG	s	F	b	S	tg	S
Woman	F	b	S	tg	S	b	F	s	TG	s
Mambo	Quick	Quick	Slow			Quick	Quick	Slow		
Count	•	•	—			•	•	—		
Man	2	3	4,5			6	7	8,1		
Woman	b	F	f/tg			F	b	B/TG		
	F	b	B/TG			b	F	f/tg		
Salsa	Quick	Quick	Slow			Quick	Quick	Slow		
Count	•	•	—			•	•	—		
Man	1	2	3,4			5	6	7,8		
Woman	F	b	B/TG			b	F	f/tg		
	b	F	f/tg			F	b	B/TG		
Rumba	Quick	Quick	Slow			Quick	Quick	Slow		
Count	•	•	—			•	•	—		
Man	1	2	3,4			5	6	7,8		
Woman	S	tg	F			s	TG	b		
	s	TG	b			S	tg	F		
	(also taught)									
	F	s	TG			b	S	tg		
	b	S	tg			F	s	TG		
Samba	Quick	Quick	Slow			Quick	Quick	Slow	Repeat >8	
Count	•	•	—			•	•	—		
Man	1	&	2			3	&	4		
Woman	F	f	TG			b	B	tg		
	b	B	tg			F	f	TG		