

## Free Style Ballroom Amalgamations

1. BASIC;; CUCARACHA (2X);;
2. BASIC;; NEW YORKER (2X);;
3. BASIC;; FENCE LINE (2X);;
4. BASIC;; HAND TO HAND (2X);;
5. BASIC;; TIME STEP (2X);;
6. BASIC;; SHOULDER TO SHOULDER (2X);;
7. BASIC;; SPOT TURN (2X);;
8. CHASE;;;
9. ALEMANA;; HAND TO HAND (2X);;
10. ALEMANA;; LARIAT;;  
CIRCLE AWAY & TOG;; LARIAT;;  
FENCE LINE (2X);;
12. HAND TO HAND; CRAB WALKS;;  
FENCE LINE;
13. BOX;; CIRCLE BOX;; LARIAT  
(or WHEEL 6);; CUCARACHA (2X);;

## RUMBA

### GENERAL:

The music is written in 4/4 time. Normally 3 steps to a measure using a count of QQS (Quick, Quick, Slow, - ;).

Figures are usually danced in Butterfly or Loose Closed Position.

### TECHNIQUE:

Like most Latin rhythms, Rumba is danced "ball-flat" (no heel leads) with toes slightly turned out in a "V" or "Latin Cross" action.

## CENTRE ROUNDS

Sponsor:

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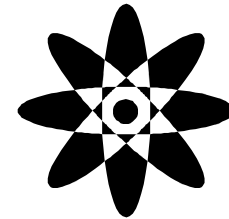
Instructors:

Carter & Ruby Ackerman (238-8949)

CENTRE ROUNDS

## Introductory Rumba Basics

*Carter & Ruby Ackerman*



Fall 2003

## RUMBA

### INTRODUCTORY BASICS

Alemana	Front Cuban
Break Back to Open	Hand To Hand
Back Cuban	Lariat
Basic	Lunge
Box	New Yorker
Chase	Shoulder To Shoulder
Circle Box	Spot Turn
Crab Walks	Time Step
Cucaracha	Walk
Fence Line	Wheel

#### **ALEMANA;;**

M: Fwd L, Rec R, Sd L, - leading W under lead hands; Bk R, Rec L, Sd R, -;  
W: Bk R, Rec L, Sd R, - starting to turn  
RF under lead hands; Fwd Turn L, Fwd Turn R to Fc Ptr, Sd L, -;

#### **BREAK BACK TO OPEN;**

M: XLIB, Rec R (OP/LOD), Fwd L, -;  
W: XRIB, Rec L (OP/LOD), Fwd R, -;

#### **BACK CUBAN;**

M: XLIB, Rec R, Sd L/CI R, Sd L;  
W: XRIB, Rec L, Sd R/CI L, Sd R;  
(Can start with either foot)

#### **BASIC;;**

M: Fwd L, Rec R, Sd L, -; Bk R, Rec L, Sd R, -;  
W: Bk R, Rec L, Sd R, -; Fwd L, Rec R, Sd L, -;

#### **BOX;;**

M: Sd L, CI R, Fwd L, -; Sd R, CI L, Bk R, -;  
W: Sd R, CI L, Bk R, -; Sd L, CI R, Fwd L, -;

#### **CHASE;;;**

M: Fwd L turning 1/4 RF, Rec R turning 1/4 RF, Fwd L, -;  
Fwd R turning 1/4 LF, Rec L turning 1/4 LF, Fwd R, -;  
Forward Basic; Back Basic;  
W: Forward Basic;  
Fwd L turning 1/4 RF, Rec R turning 1/4 RF, Fwd L, -;  
Fwd R turning 1/4 LF, Rec L turning 1/4 LF, Fwd R, -;  
Back Basic;

#### **CIRCLE BOX;;** (W circle RF under lead hands)

M: Sd L, CI R, Fwd L, -; Sd R, CI L, Bk R, -;  
W: (Forward) R, L, R, -; L, R, L, -;

#### **CRAB WALKS;;**

M: XRIF, Sd L, XRIF, -; Sd L, XRIF, Sd L, -;  
W: XLIF, Sd R, XLIF, -; Sd R, XLIF, Sd R, -;

#### **CUCARACHA;**

M: Rk Sd L, Rec R, CI L, -;  
W: Rk Sd R, Rec L, CI R, -;  
(Can start with either foot)

#### **FENCE LINE;**

M: Cross Lunge (XLIF), Rec R, Sd L, -;  
W: Cross Lunge (XRIF), Rec L, Sd R, -;  
(Can start with either foot)

#### **FRONT CUBAN;**

M: XLIF, Rec R, Sd L, -;  
W: XRIF, Rec L, Sd R, -;  
(Can start with either foot)

#### **HAND TO HAND;**

M: XLIB turning LF to OP, Rec R to Fc Ptr, Sd L, -;  
W: XRIB turning RF to OP, Rec L to Fc Ptr, Sd R, -;  
(Can start with either foot)

#### **LARIAT;;**

M: Cucaracha (L & R);; (Retain Lead Hands)  
W: (Walk clockwise around M) R, L, R, -; L, R, L, -;

#### **LUNGE**

A 1 count figure stepping Fwd, Bk or Sd, bending knee & checking motion.

#### **NEW YORKER;**

M: XLIF turning RF to LOP, Rec R to Fc Ptr, Sd L, -;  
W: XRIF turning LF to LOP, Rec L to Fc Ptr, Sd R, -;  
(Can start with either foot)

#### **SHOULDER TO SHOULDER;;**

M: Fwd L to BFLY/SCAR, Rec R, Sd L, -;  
Fwd R to BFLY/BJO, Rec L, Sd R, -;  
W: Back R to BFLY/SCAR, Rec L, Sd R, -;  
Back L to BFLY/BJO, Rec R, Sd L, -;

#### **SPOT TURN;**

M: XLIF turning 1/2 RF, Rec R turning 1/2 RF to fc ptr, Sd L, -;  
W: XRIF turning 1/2 LF, Rec L turning 1/2 LF to fc ptr, Sd R, -;  
(Can start with either foot)

#### **TIME STEP;**

M: (no hands joined) XLIB, Rec R, Sd L, -;  
W: (no hands joined) XRIB, Rec L, Sd R, -;  
(Can start with either foot)

#### **WALK;**

M: Fwd L, Fwd R, Fwd L, -;  
W: Fwd R, Fwd L, Fwd R, -;  
(Can start with either foot)

#### **WHEEL;;**

M: (Wheel Fwd clockwise) L, R, L, -; R, L, R, -;  
W: (Wheel Fwd clockwise) R, L, R, -; L, R, L, -;

## ABBREVIATIONS

Fwd: Forward	LOD: Line Of Dance
Bk: Back	RLOD: Rev. Line Of Dance
Sd: Side	BFLY: Butterfly Position
Cl: Close	OP: Open Position
Tch: Touch	LOP: Left Open Position
M: Man	BJO: Banjo Position
W: Woman	SCAR: Sidecar Position
L (R): Left (Right)	XLIB: Cross Left In Back
LF: Left Face	XRIF: Cross Right In Front
RF: Right Face	Fc Ptr: Face Partner
Rk: Rock	Rec: Recover

; Semicolon indicates end of a measure

, Comma divides a measure into counts

- Dash indicates a hold count

## INTRODUCTORY DANCE

### EL COCO III

Dance: Ackerman Music: El Coco (SP)

SEQ: A A B C C A A B C C

INTRO: WAIT 2 MEAS;; SHOULDER TO SHOULDER (2X);;

A: BASIC;; HAND TO HAND; CRAB WALKS;; FENCE LINE; NEW YORKER (2X);;

B: FWD & BK BASIC;; CHASE;;; CUCARACHA(2X);;

C: BOX;; CIRCLE BOX;; (Lariat Position) WHEEL 6;; [Option: LARIAT]

CUCARACHA (2X);;

ENDING: STOMP on last beat.

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