

Jan/Feb 2006 Dance Classes

TAUGHT BY: Donna Barringer Neighbors

www.VaDance.com 665-9411

Merengue Grouping

Man's Part: Group One: start with L foot

1. Basic in place 12345678
2. Forward Basic 12345678
3. Back Basic 12345678
4. Chasses Left 12345678
5. Turning Chasses 12345678
6. Basic in place w/ Lady's UAT 12345678

Lady's Part: Group One: start with R foot

1. Basic in place 12345678
2. Forward Basic (Back) 12345678
3. Back Basic (Forward) 12345678
4. Chasses Left 12345678
5. Turning Chasses 12345678
6. Lady's Under Arm Turn - Right 12345678

Salsa Grouping

Man's Part:

Group One: start with L foot – rock forward

1. 2 Basics qqs, qqs, qqs, qqs
2. 3 – Cross Over Breaks qqs, qqs, qqs
3. 5th Position with qqs
Lady's Under Arm Turn Right
4. 4 - 5th Position Breaks qqs, qqs, qqs, qqs
5. Rock forward into Lady with left foot

Lady's Part:

Group One: start with R foot – rock back

1. 2 Basics qqs, qqs, qqs, qqs
2. 3 – Cross Over Breaks qqs, qqs, qqs
3. Lady's Under Arm Turn Right qqs
4. 4 - 5th Position Breaks qqs, qqs, qqs, qqs
5. Rock back with right foot

Rumba Grouping

Man's Part:

Group One: start with L foot stepping forward

1. 2 ½ Boxes sqq, sqq, sqq, sqq, sqq
2. 3 – Cross Over Breaks sqq, sqq, sqq
*extra side step on slow count into 1st xover
3. 5th Position with sqq
Lady's Under Arm Turn Right
4. 3 - 5th Position Breaks sqq, sqq, sqq
5. Return to Box step forward into Lady with right foot on slow beat

Lady's Part:

Group One: start with R foot stepping back

1. 2 ½ Boxes sqq, sqq, sqq, sqq, sqq
2. 3 – Cross Over Breaks sqq, sqq, sqq
*extra side step on slow count
3. Lady's Under Arm Turn Right sqq
while man does 5th Position
4. 3 - 5th Position Breaks sqq, sqq, sqq
5. Return to Box by stepping back with right foot

LATIN/ RHYTHM TECHNIQUE

Footwork: Forward or Back: Ball/Flat Side Steps: Either - Ball/Flat or Inside Edge of Foot then Flat
Steps are generally small and staccato (no follow thru or brush), action is tight and quick
Maintain an out turned toe throughout

Posture: Head Up, Chest Out, Hips Back

Frame: Facing with arms rounded and high

Latin Action or Cuban Motion (American Style): Alternating the bending and straightening of knees, hip in opposite direction related to bent knee. Move foot with knee bent and then straighten after placement