

# February 2007 Beginner Dance Class

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[www.VaDance.com](http://www.VaDance.com)

## Merengue Grouping

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

1. 1 Basic in place 12345678
2. 1 Basic Forward 12345678
3. Side - Chasses 12345678
4. Side – Chasses-Curving 12345678
5. Man – In Place, Lady's U A T 12345678

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

1. 1 Basic in place 12345678
2. 1 Basic Forward 12345678
3. Side - Chasses 12345678
4. Side – Chasses-Curving 12345678
5. Man – In Place, Lady's U A T 12345678

## Rumba Grouping

**Man's Part:**

Group One: start with L foot stepping forward

1. 2 ½ Boxes sqq, sqq, sqq, sqq, sqq
2. 3 – 5<sup>th</sup> Position Breaks sqq, sqq, sqq
3. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq  
\* with Under Arm Turns (Lady, Man, Lady)
4. 3 – 5<sup>th</sup> Position Breaks sqq, sqq, sqq
5. Return to Box by stepping forward into Lady on slow count and Repeat Box

**Lady's Part:**

Group One: start with R foot stepping back

1. 2 ½ Boxes sqq, sqq, sqq, sqq, sqq
2. 3 – 5<sup>th</sup> Position Breaks sqq, sqq, sqq
3. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq  
\* with Under Arm Turns (Lady, Man, Lady)
4. 3 – 5<sup>th</sup> Position Breaks sqq, sqq, sqq
5. Return to Box by stepping back on slow count And follow!

## Salsa Grouping

**Man's Part:**

Group One: start with L foot

1. 3 1<sup>st</sup> Position Basics sqq, sqq, sqq
2. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq
3. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq  
\* with Under Arm Turns (Lady, Man, Lady)
4. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq
- \*\*\* 5. Repeat 1 – 4  
Or Get creative!!!!

**Lady's Part:**

Group One: start with R foot

1. 3 1<sup>st</sup> Position Basics sqq, sqq, sqq
2. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq
3. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq  
\* with Under Arm Turns (Lady, Man, Lady)
4. 3 - 5<sup>th</sup> Position Breaks sqq, sqq, sqq
- \*\*\* 5. Repeat 1 – 4  
Or Follow!!!!