

April 2007 Ballroom Dance Class

TAUGHT BY: Donna Barringer Neighbors

Beginners – Waltz Grouping

Man's Part: Group One:

1. 2 Waltz Boxes 123, 123, 123, 123
2. 4 Change Steps (L,R,L,R)123, 123, 123, 123
(Man – travels forward alternating feet)
3. 1/2 Box into Lady's 123, 123, 123, 123
Walking Underarm Turn (Man does box)
4. 2 Waltz Boxes (turning) 123, 123, 123, 123
(make up to a ¼ turn left per each ½ box)
5. 4 Change Steps (L,R,L,R)123, 123, 123, 123
(Man – travels forward alternating feet)

Return to Box may repeat Lady's Under Arm or repeat from beginning

Lady's Part: Group One:

1. 2 Waltz Boxes 123, 123, 123, 123
2. 4 Change Steps (L,R,L,R)123, 123, 123, 123
(Lady – travels back alternating feet)
3. 1/2 Box into Lady's 123, 123, 123, 123
Walking Underarm Turn (6 steps in circle)
4. 2 Waltz Boxes (turning) 123, 123, 123, 123
(make up to a ¼ turn left per each ½ box)
5. 4 Change Steps (L,R,L,R)123, 123, 123, 123
(Lady – travels back alternating feet)

Return to Box may repeat Lady's Under Arm or repeat from beginning

Beginners – Rumba Grouping

Man's Part: Group One:

1. 2 Rumba Boxes sqq, sqq, sqq, sqq
2. 6 Cuban Walks Forward sqq, sqq
3. 1/2 Forward Box sqq
4. 6 Cuban Walks Back sqq, sqq
5. 1/2 Back Box sqq
6. 1/2 Forward Box into sqq, sqq, sqq, sqq
Lady's Under Arm Turn (6 steps)
(end with man's back ½ of box)
7. 2 Rumba Boxes (turning) sqq, sqq, sqq, sqq
8. 6 Cuban Walks Forward sqq, sqq
9. 1/2 Forward Box into sqq, sqq, sqq, sqq
Lady's Under Arm Turn (6 steps)
(end with man's back ½ of box)

Return to Box and repeat or be creative!

Lady's Part: Group One:

1. 2 Rumba Boxes sqq, sqq, sqq, sqq
2. 6 Cuban Walks Back sqq, sqq
3. 1/2 Back Box sqq
4. 6 Cuban Walks Forward sqq, sqq
5. 1/2 Forward Box sqq
6. 1/2 Back Box into sqq, sqq, sqq, sqq
Lady's Under Arm Turn (6 steps)
(end with Lady's forward ½ of box)
7. 2 Rumba Boxes (turning) sqq, sqq, sqq, sqq
8. 6 Cuban Walks Back sqq, sqq
9. 1/2 back Box into sqq, sqq, sqq, sqq
Lady's Under Arm Turn (6 steps)
(end with lady's forward ½ of box)

* note – lady's step into man with left foot when starting the 1st step of the under arm turn then continue walking 5 more steps.