

International Style

Dance notes by Lee Santos
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Bronze Rumba

Revised September 23, 2008

Basic Rumba walk exercise

8 bars or measures

Bronze Group 1

Closed Basic Movement ¼ Turn Right 1-6
Alemana
New York
Solo Spot Turn

234(1) 234(1) 234(1)
234(1)
234(1) 234(1) 234(1)
234(1)

Bronze Group 2

Fan
Hockey Stick
1-3 Open Basic Movement
Progressive Walks Back
1-3 or 1-9 Natural Top
Close Hip Twist

234(1) 234(1)
234(1) 234(1)
234(1)
234(1) 234(1)
234(1) or 234(1) 234(1) 234(1)
234(1) 234(1)

Ending in Fan Position

Bronze Group 3

4-6 Fan
Alemana
Hand to Hand
Switch Turn

234(1)
234(1)
234(1) 234(1) 234(1)
234(1)

International Style

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Silver Rumba

Revised September 23, 2008

Basic Rumba walk exercise

8 bars or measures

Silver Group 1

Open Hip Twist ending in Open Facing Position

234(1) 234(1)

Open Hip Twist to Fan Position

234(1) 234(1)

4-6 Fan

234(1)

Alemana

234(1)

Hand to Hand

234(1) 234(1) 234(1)

Spiral

4(1)

Aida

234(1)

Double Spot Turn

234(1) 234(1)

Silver Group 2

Curl

234(1)

Reverse Top

234(1) 234(1)

Aida

234(1)

Cuban Rock and Spot Turn

234(1) 234(1)

Silver Group 3

Open Hip Twist to Fan Position

234(1) 234(1)

Hockey Stick

234(1) 234(1)

1-3 Open Basic Movement

234(1)

Progressive Walks Back

234(1) 234(1)

1-3 or 1-9 Natural Top

234(1) or 234(1) 234(1) 234(1)

Rope Spinning

234(1) 234(1)

Opening Out to Right and Left

234(1) 234(1) 23

Spiral

4(1) 234(1)

End in Open Facing Position, or Closed Facing Position