



# AMERICAN RUMBA 2022-23



## LEVEL 1

Waltz

Cha Cha

Swing

**FRAME: COMPACT ACTION: CUBAN, BALL FLAT**

	STEP	ELEMENTS	Counts	Notes
1	Basic Box	<b>Box Step</b> Man: Forward, side, close, Back, side, close Lady: Back, side, close, Forward, side, close	SQQ SQQ	Change weight on each step
2	Walk Around Turn Ending	From Side Step facing partner  <b>Rotation/Swivel</b> <b>Forward Walk Turn</b> Side Step Replace Close	& Q & Q& S QQ	Rotation On "&" counts ¾ turn away from partner
3	Lady Arch Ending	From Side Step facing partner  Man: <b>Rock Step</b> Back - RF Side Step - RF Replace Close - Replace weight to LF & Close RF to LF  <b>Rotation/Swivel</b>  Lady: <b>Forward Walk Turn</b> Side Step - LF Replace Close - Replace weight to RF  & Close LF to RF	QQ S QQ & Q& Q& S QQ	Rotation On "&" counts
5	Parallel Breaks	½ Box Step Side Step <b>Rotation/Swivel</b> Man: <b>Rock step</b> (break step) forward Lady: <b>Rock step</b> (break step) back Side Step <b>Rotation/Swivel</b>  Repeat: 2 more times on each diagonal <b>Rotation, Rock &amp; Step Side</b> Walk Around Turn or Ladies Arch Side Step Replace Close	SQQ S & QQ  S & QQS &QQS &QQ S QQ	2 hand hold 1/8 turn Step outside Partner
6	Cross Over Breaks	½ Box Step Side Step <b>Rotation/Swivel</b> <b>Rock Step</b> forward - both dancers <b>Rotation/Swivel</b> Side Step Repeat: 2 more times to each wall <b>Rotation, Rock Step</b> fwd, Side Step Walk Around Turn or Ladies Arch Side Step Replace Close	SQQ S & QQ & S  &QQS &QQ S QQ	¼ turn face wall Left Side Position (LSP) ¼ turn face partner ¼ turn face wall Right Side Position (RSP) ¼ turn face partner

7	5 <sup>th</sup> Position Breaks	½ box step Side Step <b>Rotation/Swivel</b> <b>Rock Step</b> back Side Step - face partner <b>Rotation/Swivel</b> <b>Rock Step</b> Back (butterfly) Side Step Repeat: <b>Rotation, Rock Step</b> back, side step Walk Around Turn or Ladies Arch Side Step Replace Close	SQQ S & QQ S & QQ S &QQS QQ S QQ	1/8 turn in Promenade Fall Away Position  ¼ turn to right (Man) ¼ turn to left (Lady) Left Side Position (LSP)  1/8 turn in Promenade Fall Away Position
8	Shoulder Check (Sw-Stop & Go)	½ Box step Side Step <b>Rock Step</b> Back Side Step- Man Man: <b>Rock Step</b> Forward & Across Side Step & back <b>Rock Step</b> Back Side Step  Side Step - Lady Lady: <b>Rock Step</b> Back - left foot Side Step - <b>Rotation/Swivel</b> <b>Rock Step</b> back - right foot Side Step - <b>Rotation/Swivel</b> <b>May repeat</b> Walk Around Turn or Ladies Arch Side Step Replace Close	SQQ S QQ S QQ S QQ S  QQ S& QQ S& QQ QQ S QQ	Both dancers Rock step back Man= ¼ turn right  Man= ¼ turn left ending back   Lady= ¼ turn left ending back for full ½ turn Then ¼ turn right ending back for full ½ turn
9	Open Out (Sw-Flip Flops)	½ Box step Side Step <b>Rock Step</b> back Side <b>Rock Step</b> Back Side <b>Rock Step</b> Back Side Walk Around Turn or Ladies Arch Side Step Replace Close	SQQ S QQ S QQ S QQ S QQ S QQ S QQ	Man= 1/8 turn left Lady= 1/8 turn right Open to face wall
				8-12-22