

Waltz

Technique:

- Frame - pick up right elbow - palm to palm hand hold - (stand tall on toes)
- Ladies Peel toe when moving back / strong heel leads when moving forward
- Strengthen Rise & Fall (Exercise: pumping)
- Keep the default beat

Competition Routine:

1 Box Step

1 Progressive Box - 6 cts

1 Side by Side - Open 2 times (remember to end with turning box)

1 Streamline - 6 cts

1 Simple Twinkle

1 Ladies Underarm Turn

Start Over from beginning

May add 1 additional figure:

Hovers

5th Position Breaks

Left Box Turn

American Rumba

Technique:

- No rise and fall - don't let it feel lilty
- Keep base small
- Take care not to rush Underarm Turns
- Fully Straighten legs with Cuban Action
- Go through 1st position when turning

Competition Routine:

2 Basic Box Steps

1 Parallel Break (3 times to corner)

1 Underarm exit

½ Turning Box (1/4 turn) Side Step

3 Crossover Breaks

1 Walk Around Turn exit

Turning Box (1/4 turn)

1 Fifth Position Breaks (Open to 5th position 2 times)

1 Underarm exit

Start over from beginning

May add 1 additional figure:

- Shoulder Check
- Opening Out (Flip Flops)
- Alternating Underarm
- Crossbody Lead

American Tango

Technique:

- Walk with strength & power, aggressive w/ clear heel leads
- Dance position up in Promenade
- Knees are compressed not just bent

Competition Routine:

2 Basic Steps

1 Promenade Walk Underturn to Center

1 Promenade Turn Right (or Left) toward Center

1 Promenade Turn Right toward Wall end in Closed facing LOD

1 Basic Step

1 Promenade Change (step close point)

1 Flair Promenade (Step forward touch, step back touch, forward side promenade)

1 Outside Swivel with Flick (Lady may flick between partner's feet or in front of self)

1 Tango Rocks

Start over from beginning

May add 1 additional figure:

Back Corte

Promenade Checks

Promenade Corte