

NEWCOMER - RUMBA

| START CLOSED POSITION | <u>TIMING</u> |
|---|---------------|
| | |
| Closed Basic Movement | 2341, 2341 |
| New Yorker - LSP | 2341 |
| New Yorker - RSP | 2341 |
| Spot turn to the Right, Lady to the Left | 2341 |
| Hand to Hand - LSP | 2341 |
| Hand to Hand - RSP | 2341 |
| Spot turn to the Left, Lady to the Right | 2341 |
| Cuban Rock L | 2341 |
| Side Steps to Left (starting with Right foot) | 2341 |
| Left Foot Cucaracha | 2341 |
| Right Foot Cucaracha | 2341 |
| Repeat | |
| Focus: Frame , Footwork and Timing | |

Warm Ups:

Rumba Walks forward and backing Spot turns

Goals: Timing, Tracking of legs, Holding the (1) count