

dance Bethesda
International Bronze Rumba Syllabi

WEEK 1 & 2

- Basic Movements (Closed, Open, In Place, and Left Foot & Right Foot Alternative Basic Movements)
- Left Foot & Right Foot Cucarachas
- New York to Left Side or Right Side Position
- Spot, Switch and U.A.T's. to Left and Right
- Left Side and Right Side Shoulder to Shoulder

WEEK 3 & 4

- Hand to Hand to Left Side or Right Side Position (including Alternative Hold)
- Progressive Walks Forward & Backward (Closed Position Only)
- Side Steps to Left or Right
- Cuban Rocks
- * Shoulder to Shoulder Developments
- * Progressive Walks Forward or Backward in Open Position
- * Progressive Walks Forward in Right Side or Left Side Position

WEEK 5 & 6

- Fan
- Alemana (including from Open Position)
- Hockey Stick

WEEK 7 & 8

- Natural Top
- Opening Out to Right and Left
- Natural Opening Out Movement
- Closed Hip Twist

January 2015