

February 2007 Beginner Dance Class

TAUGHT BY: Donna Barringer Neighbors

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Merengue Grouping

Man's Part: Group One: start with L foot

1. 1 Basic in place 12345678
2. 1 Basic Forward 12345678
3. Side - Chasses 12345678
4. Side – Chasses-Curving 12345678
5. Man – In Place, Lady's U A T 12345678

Lady's Part: : Group One: start with R foot

1. 1 Basic in place 12345678
2. 1 Basic Forward 12345678
3. Side - Chasses 12345678
4. Side – Chasses-Curving 12345678
5. Man – In Place, Lady's U A T 12345678

Rumba Grouping

Man's Part:

Group One: start with L foot stepping forward

1. 2 ½ Boxes sqq, sqq, sqq, sqq, sqq
2. 3 – 5th Position Breaks sqq, sqq, sqq
3. 3 - 5th Position Breaks sqq, sqq, sqq
* with Under Arm Turns (Lady, Man, Lady)
4. 3 – 5th Position Breaks sqq, sqq, sqq
5. Return to Box by stepping forward into Lady on slow count and Repeat Box

Lady's Part:

Group One: start with R foot stepping back

1. 2 ½ Boxes sqq, sqq, sqq, sqq, sqq
2. 3 – 5th Position Breaks sqq, sqq, sqq
3. 3 - 5th Position Breaks sqq, sqq, sqq
* with Under Arm Turns (Lady, Man, Lady)
4. 3 – 5th Position Breaks sqq, sqq, sqq
5. Return to Box by stepping back on slow count And follow!

Salsa Grouping

Man's Part:

Group One: start with L foot

1. 3 1st Position Basics sqq, sqq, sqq
2. 3 - 5th Position Breaks sqq, sqq, sqq
3. 3 - 5th Position Breaks sqq, sqq, sqq
* with Under Arm Turns (Lady, Man, Lady)
4. 3 - 5th Position Breaks sqq, sqq, sqq
- *** 5. Repeat 1 – 4
Or Get creative!!!!

Lady's Part:

Group One: start with R foot

1. 3 1st Position Basics sqq, sqq, sqq
2. 3 - 5th Position Breaks sqq, sqq, sqq
3. 3 - 5th Position Breaks sqq, sqq, sqq
* with Under Arm Turns (Lady, Man, Lady)
4. 3 - 5th Position Breaks sqq, sqq, sqq
- *** 5. Repeat 1 – 4
Or Follow!!!!