

# Dance Notes - Figures

## CDC - Autumn 2022 - Ballroom and Latin - Workshops

### Rumba

#### Closed Basic Movement

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3	4,1	LF to side	RF to side
4	2	RF back	LF forward
5	3	Transfer to LF	Transfer to RF
6	4,1	RF to side	LF to side

#### Underarm Turn to Right

Step	Timing	Leader	Follower
1	2	RF back, left arm raised	1/4 turn right, LF forward under arm
2	3	Transfer to LF, lower arm after turn	1/2 turn right, transfer to RF
3	4,1	RF to right	Turn to face partner then LF to left

### Alemana

Step	Timing	Leader	Follower
1	2	Start in fan position, LF forward, extend left arm so partner closes	RF closes to LF
2	3	Transfer weight to RF, draw partner towards you	LF forward
3	4,1	LF closes to RF, left hand up, palm facing partner, fingers pointed up	RF forward, commence to turn right end of 3
4	2	RF back	LF forward under raised arm, 1/2 turn right
5	3	Transfer weight to LF	RF forward under raised arm, 1/2 turn right
6	4,1	RF closes to LF, end in Closed Position	1/4 turn right, LF side

### Hockey Stick

Step	Timing	Leader	Follower
1	2	LF forward, extend left arm so partner closes	RF closes to LF
2	3	Transfer weight to RF, draw partner towards you	LF forward

### Abbreviations

T	Toe	B	Ball of foot	Q	Quick	RF	Right foot
TH	Toe heel	BF	Ball flat	S	Slow	LF	Left foot
H	Heel	HF	Heel flat	PP	Promenade position	RLR	Right, left, right
IE	Inside edge (of foot)	BH	Ball heel	CBMP	Contra Body Movement position	LRL	Left, right, left

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3	4,1	LF closes to RF, left arm up framing your face, fingers pointing right, thumb on the back of your partner's hand	RF forward
4	2	RF back	1/8 turn left, LF forward
5	3	Transfer weight to LF	RF back and slightly to side
6	4,1	RF forward, end in Open Position	LF back in Open Position

### Closed Hip Twist

Step	Timing	Leader	Follower
1	2	LF to side in right side position, part weight	1/2 turn right, RF back in right side position
2	3	Transfer weight to RF	Transfer weight to LF
3	4,1	LF closes to RF	1/2 turn left, RF forward and slightly across, en
4	2	RF back	1/4 turn right, LF forward in CBMP outside part
5	3	Transfer weight to LF	1/2 turn left, RF back and slightly to side
6	4,1	RF to side and slightly forward in Fan Position	1/8 turn left, LF back in Fan Position

### Three Alemanas

Step	Timing	Leader	Follower
1	2	Start in fan position, LF forward, extend left arm so partner closes	RF closes to LF
2	3	Transfer weight to RF, draw partner towards you	LF forward
3	4,1	LF closes to RF, left hand up, palm facing partner, fingers pointed up	RF forward, commence to turn right end of 3
4	2	RF back	LF forward under raised arm, 1/2 turn right
5	3	Transfer weight to LF	RF forward under raised arm, 1/2 turn right
6	4,1	RF closes to LF, turn partner, so they end in Right Shadow Position	1/4 turn right, LF side
7	2	LF to side, lead partner to turn by bringing left hand across your face	RF forward, start to turn left
8	3	Transfer weight to RF	LF forward, continue to turn
9	4,1	LF closes to RF, left hand up, palm facing partner	RF forward (pressed walk) towards partner
10	2	RF back, left arm raised	1/4 turn right, LF forward under arm
11	3	Transfer to LF, lower arm after turn	1/2 turn right, transfer to RF

### Abbreviations

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12	4,1	RF closes to LF, end in Closed Position	Turn to face partner then LF to left
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### Abbreviations

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