

## Social Figures in Ballroom and Latin American Dancing you should know about

### Latin American

---

#### Rumba

1. Closed Basic Movement
2. Under Arm Turn to R and L
3. New York
4. Spot Turn
5. Shoulder to Shoulder
6. Hand to Hand

---

#### Cha cha cha

1. Close Basic Movement
2. Under Arm Turn to R and L
3. New York
4. Spot Turn
5. Shoulder to Shoulder
6. Hand to Hand

---

#### Samba

1. Basic Movements (Natural, Reverse)
2. Whisk
3. Promenade Botafogo
4. Samba Walks (Promenade, Side)
5. Botafogos
6. Volta Movements

---

#### Jive

1. Basic in Place
2. Fallaway Rock
3. Change of Place (Right and Left)
4. Change of Hands behind the back
5. Link
6. American Spin



# Ballroom

---

## Slow Waltz

1. Closed Foot Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from PP

---

## Foxtrot

1. Steps of Slowfox (SSQQ)
2. Feather Step
3. Three Step
4. Natural Turn
5. Reverse Turn (with Feather Finish)
6. Closed Impetus

---

## Tango

1. Forward Walks
2. Progressive Link
3. Closed Promenade
4. Natural Rock Turn
5. Open Reverse Turn

---

## Quickstep

1. Quarter Turn
2. Natural Turn
3. Progressive Chasse
4. Chasse Reverse Turn
5. Forward Lockstep
6. Natural Hesitation

