

Rumba Phase IV Summary

Based on RAL standards Rumba – Phase IV - 2021

Figure	Man's Steps	Lady's Steps
RONDE BOX QQS; QQS; Low B'Fly (Lead feet)	Ronde c/wise Cross L in front, Sd R, Bk L, -; Ronde c/wise Cross R in Bk, Sd L, Fwd R, -;	Ronde c/wise Cross R in Bk, Sd L, Fwd R, -; Ronde c/wise Cross L in front, Sd R, Bk L, -;
LATIN WHISK QQS; CP (Lead feet)	Cross L behind R, Recover R, Sd L, -;	Cross R behind L, Recover L Sd R, -;
CROSS BODY QQS; QQS; CP (Lead feet)	Fwd L, Recover R, Sd L turning LF [foot turned about 1/4 turn body turned 1/8 turn], -; Bk R cont LF turn, small Fwd L, Sd & Fwd R, -;	Bk R, Recover L, Fwd R twd man to L-shape, -; Fwd L comm LF turn, Fwd R turning 1/2 LF, Sd & Bk L, -;
	<i>Figure is done in Closed Position. May turn 3/8 to 1/2 over 2 measures. Woman's turn is entirely in second measure.</i>	
ALEMANA QQS; QQS; Facing (Lead feet)	Fwd L Recover right, Close left leading woman to turn RF -; Bk R, Recover left, Sd R -;	Bk R, Recover left, Sd R comm RF swivel, -; continue RF turn under joined lead hands Fwd L, continue RF turn Fwd R, Sd L -;
	<i>W completes a RF turn under lead hands, joined palm to palm to face partner. Woman's free hand should be on her hip.</i>	
FAN from 1/2 Basic QQS; Facing (Trail feet)	Bk R, Recover L, Sd R, -;	Fwd L, turning LF step Sd & Bk R making 1/4 turn to L, Bk L leaving R extended Fwd with no weight, -;
	<i>Ends in Fan Position. There is no turn for man. When done from Closed, Open Facing or Butterfly Positions woman turns 1/4 LF.</i>	
ALEMANA from a FAN QQS; QQS; Fan position (Lead feet)	Fwd L Recover right, Close left leading woman to turn RF -; Bk R, Recover left, Sd R -;	Close R, Fwd L, Fwd R comm RF swivel to face partner, -; cont RF turn under joined lead hands Fwd L, cont RF turn Fwd R, Sd L, -;
	<i>W completes a RF turn under lead hands, joined palm to palm to face partner.. Steps 1 and 2 of the second measure for the woman are forward walking steps. Woman may place her free hand on her hip.</i>	
HOCKEY STICK QQS; QQS; Fan position (Lead feet)	Fwd L, Recover R, Close L, -; Bk R, Recover L, Fwd R following the woman -; to face partner and DRW	Close R, Fwd L, Fwd R, -; Fwd L, Fwd R turning LF to face partner, Sd and Bk L, -;

	<i>W turns approx. 5/8 LF under joined lead hands]. M brings joined lead hands across in front of his forehead, which tells woman to prepare to turn LF then he allows the woman to turn by herself.</i>	
AIDA QQS; Facing or SCP	Fwd R turning RF, Sd L continuing RF turn, Bk R, -;	Fwd L turning LF, Sd R continuing LF turn, Bk L, -;
	<i>The first step is thru between partners. Ends in a "V" Bk-to-Bk Position. May be done in opposite direction with lead feet.</i>	
SWITCH CROSS QQS; "V" Bk to Bk Position.	Turning LF to face partner Sd L bringing joined hands thru, Recover R, cross L in front, -;	Turning RF to face partner Sd R checking bringing joined hands thru, Recover L, cross R in front, -;
	<i>May be done on opposite foot moving in opposite direction.</i>	
SWITCH ROCK QQS; "V" Bk to Bk Position.	Turning LF to face partner Sd L checking bringing joined hands thru, Recover R, Sd L, -;	Turning RF to face partner Sd R checking bringing joined hands thru, Recover L, Sd R, -;
	<i>May be done on opposite foot going in opposite direction.</i>	
ALTERNATIVE BASIC QQS;	Close Left, Step in Place Right, Sd Left, -;	Close Right, Step in Place Left, Sd Right, -;
	<i>May begin with either foot.</i>	
TRADE PLACES QQS; R Handshake (Lead feet) or L H/Shk (Trail feet)	Rock apart L, Recover R turning 1/4 RF behind W releasing joined R hands to momentary Tandem Position, turning 1/4 RF to face partner Sd & Bk L, -;	Rock apart R, Recover L turning 1/4 LF in front of M releasing joined R hands to momentary Tandem Position, turning 1/4 LF to face partner Sd & Bk R, -;
	<i>Total turn is usually 1/2. When the figure begins with the trail foot it starts in L Handshake Position with the man turning LF and the woman turning RF.</i>	
FLIRT QQS; QQS; R Handshake or B'Fly (Lead feet)	Fwd L, Recover R, Sd L, -; Bk R, Recover L, Sd R, -;	Bk R, Fwd L, Fwd R turning LF to Varsouviennne Position, -; Bk L, Recover R, Sd L in front of the man to end in L Vars Position, -;
DEVELOPE SS;	Fwd L out Sd partner checking, -, -, -;	Bk R, -, bring L foot up to in Sd of R knee, extend L foot fwd;
	<i>Step is taken on ball of foot with body stretched upward on Develope but knee remaining flexed. May be executed from any position, with either foot and by either or both partners, with or without a swivel.</i>	

Phase IV – RB

July 2021

RB. RUMBA

CHARACTERISTICS: In round dancing, the Rumba rhythm is denoted using 4/4 timing. Using count of QQS; each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken onto the ball of the foot, the heel is lowered, the knee straightens and heel of the opposite foot releases as the hips move to the Sd [always in the direction of the stepping foot]. Most all of the Latin figures and rhythms are danced ball flat [no heel leads] with toes slightly turned out. Step 1 is taken slightly across in line with the supporting foot. Step 3 is usually taken Sd and forward or Sd and Bk.

Aida none Aida

QQS; FWD TRN, SD TRN, BK, -;

MAN: Forward right turning right face, Sd left continuing right face turn, Bk right, -;

WOMAN: Forward left turning left face, Sd right continuing left face turn, Bk left, -;

NOTE: May be done from Semi-Closed, Butterfly, Open or Open Facing Positions. If done from Butterfly or Open Facing Positions the first step would be thru between partners for both

man and woman. Ends in a "V" Bk-to-Bk Position. May be done in opposite direction.

Alemana none Alemana

QQS; QQS; FWD, REC, CL, -; BK, REC, SD, -;

(BK, REC, SD TRN, -; FWD TRN, FWD TRN, SD, -;)

MAN: Forward left, Recover right, Close left leading woman to turn right face, -; Bk right, Recover left, Sd right, -;

WOMAN: Bk right, Recover left, Sd right commence right face swivel, -; continue right face turn under joined lead hands forward left, continue right face turn forward right, Sd left, -;

NOTE: Starts and ends facing partner. Woman completes a right face turn under joined lead hands. At end of first measure, man brings joined lead hands up to Palm-to-Palm Position indicating to woman a right face turn. Woman's free hand should be on her hip.

Alemana from a Fan none Alemana

QQS; QQS; FWD, REC, CL, -; BK, REC, SD, -;

(CL, FWD, FWD TRN, -; FWD TRN, FWD TRN, SD, -;)

MAN: Forward left, Recover right, Close left leading woman to turn right face, -; Bk right, Recover left, Sd right, -;

WOMAN: Close right, forward left, forward right commence right face swivel to face partner, -; continue right face turn under joined lead hands forward left, continue right face turn forward right, Sd left, -;

NOTE: Starts in Fan Position, ends facing partner. Woman completes a right face turn under joined lead hands. At end of the first measure, man brings joined lead hands up to Palm-to-Palm Position indicating to the woman to commence a right face turn. Steps 1 and 2 of the second measure for the woman are forward walking steps. Woman may place her free hand on her hip.

Cross Body X body Cross Body

QQS; QQS; FWD, REC, SD TRN, -; BK TRN, FWD, SD & FWD, -;

(BK, REC, FWD, -; FWD, FWD TRN, SD & BK, -;)

MAN: Forward left, Recover right, Sd left turning left face [foot turned about 1/4 turn body turned 1/8 turn], -; Bk right continue left face turn, small forward left, Sd and forward right, -;

WOMAN: Bk right, Recover left, forward right toward man staying on right Sd ending in an L-shaped Position, -; forward left commencing to turn left, forward right turning 1/2 left face end with right foot Bk, Sd and Bk left, -;

NOTE: Figure is done in Closed Position. May turn 3/8 to 1/2 over 2 measures. Woman's turn is entirely in second measure.

Develope none Develope

SS; FWD CK, -, -, -;

(SQQ;) (BK -, FT UP, EXTEND FT;)

MAN: Forward left outSd partner checking, -, -, -;

WOMAN: Bk right, -, bring left foot up right leg to inSd of right knee, extend left foot forward;

NOTE: Figure is executed on ball of foot with body stretched upward on Develope but knee remains flexed. May be executed from any position, with either foot and by either or both partners, with or without a swivel.

Fan [from a 1/2 Basic] none Fan

QQS; BK, REC, SD, -;

(FWD, SD & BK, BK, -;)

MAN: Bk right, Recover left, Sd right, -;

WOMAN: Forward left, turning left face step Sd and Bk right making 1/4 turn to left, Bk left leaving right extended forward with no weight, -;

NOTE: Ends in Fan Position. There is no turn for man. When done from Closed, Open Facing or Butterfly Positions woman turns 1/4 left face. If done from L-shaped Position she must turn 1/2 left face. May be done from Sd-by-Sd Position with woman turning 3/4 left face. When starting with right hands joined man must change hands on the second step.

Flirt none Flirt

QQS; QQS; FWD, REC, SD, -; BK, REC, SD, -;

(BK, FWD, FWD TRN, -; BK, REC, SD, -;)

MAN: Forward left, Recover right, Sd left, -; Bk right, Recover left, Sd right, -;

WOMAN: Bk right, forward left, forward right turning left face to Varsouvienne Position, -;
Bk left, Recover right, Sd left moving to her left in front of the man to end in Left Varsouvienne Position, -;

Hockey Stick hky stk Hockey Stick

QQS; QQS; FWD, REC, CL, -; BK, REC, FWD, -;

(CL, FWD, FWD, -; FWD, FWD TRN, SD & BK, -;)

MAN: Forward left, Recover right, Close left, -; Bk right, Recover left, forward right following the woman -;

WOMAN: Close right, forward left, forward right, -; forward left, forward right turning left face to face partner, Sd and Bk left, -;

NOTE: Starts in Fan Position and ends with partners facing. Woman turns approximately 5/8 left face under joined lead hands [man's left and woman's right]. Man brings joined hands across in front of his forehead, which tells woman to prepare to turn, then he allows the woman to do the turn by herself.

Latin Whisk latin wsk Latin Whisk

QQS; XIB, REC, SD, -;

MAN: Cross left behind right, Recover right, Sd left, -;

WOMAN: Cross right behind left, Recover left, Sd right, -;

NOTE: Usually done in Closed Position.

Switch swch Switch Cross

QQS; TRN SD, REC, XIF, -;

MAN: Turning left face to face partner Sd left checking bringing joined hands thru, Recover right, cross left in front turning left face to face partner, -;

WOMAN: Turning right face to face partner Sd right checking bringing joined hands thru, Recover left, cross right in front turning right face to face partner, -;

NOTE: May be done on opposite foot going in opposite direction. [Figure changes line of travel]. Normally starts in "V" Bk to Bk Position.

Switch Rock swch rk Switch Rock

QQS; TRN SD, REC, SD & FWD, -;

MAN: Turning left face to face partner Sd left checking bringing joined hands thru, Recover right, Sd left, -;

WOMAN: Turning right face to face partner Sd right checking bringing joined hands thru, Recover left, Sd right, -;

NOTE: May be done on opposite foot going in opposite direction. [Figure does not change line of travel]. Normally starts in "V" Bk to Bk Position.

Trade Places trade plcs Trade Places

QQS; RK APT, REC TRN, TRN SD & BK, -;

MAN: From Handshake Position rock apart left, Recover right turning 1/4 right face behind woman releasing joined right hands to momentary Tandem Position, turning 1/4 right face to face partner Sd and Bk left, -;

WOMAN: From Handshake Position rock apart right, Recover left turning 1/4 left face in front of man releasing joined right hands to momentary Tandem Position, turning 1/4 left face to face partner Sd and Bk right, -;

NOTE: Total turn is usually 1/2. May start with either foot. When the figure begins with the trail foot it starts in Left Handshake Position with the man turning left face and the woman turning right face.

CHA CHA	
Single Cuban Break 1&2,3&4;	MAN OR WOMAN: Cross in Front/Recover, Sd, cross in Front /Recover, Sd;
Double Cuban Breaks 1&2,3&4; 1&2,3&4;	MAN OR WOMAN: Cross/Recover, Sd/Recover, cross/Recover, Sd; cross/Recover, Sd/ Recover, cross/Recover, Sd;