

ABC... the easy way to joyful dancing!

Keep your mind and body happy and healthy!

The ABC-system is a well tried out system teaching people to dance in an easy and natural way. It's been developed over more than 50 years and is easy to learn and can be practiced for Solo dancing or for dancing as a couple. It works for all agegroups and is wonderful especially for elderly people.

The system works for all dances. You learn figure A and can repeat that figure as long as you want. You learn figure B and can alterate between the two figures in any order. You learn figure C and can alterate between the three figures in any order. You can dance the Man's step Solo or the Ladies step Solo or together with a partner. All figures take very little space and are especially design to work in a living room, in an hallway or of course at a larger floor together with other dancers dancing Solo or together with a partner. Because of its stationary format there are no alignments given. All figures can start in any direction. It's great fun for pleasing the mind and is keeping the body in good shape!

In order to understand how to learn the figures you must know the meaning of the abrevations and here is the key.

S	Slow	Q	Quick		
R	Right	L	Left		
RF	Right foot	LF	Left foot		
Fwd	Forward	Bwd	Backward	Diag	Diagonal

To explaine how to think in regards to the amount of turn you could think of a clock and where ever you start, you are always facing 12 o'clock. If you turn to face 1.30 you have turned 1/8 of a turn to Right and if you continue turn to face 3 o'clock you have turned 1/4 of a turn to Right. If you start facing 12 o'clock again and turn to 10.30 you have turned 1/8 to Left and if you continue to face 9 o'clock you have turned 1/4 of a turn to Left.

The ABC - system includes the following dances:

Rythm Foxtrot (Medium or quick tempo)

Slow Waltz (Slow tempo)

Slow Foxtrot (Slow tempo)

Wedding Waltz (Medium or quick tempo)

Tango

Cha-cha-cha

Samba

Rumba

Swing dance

Swedish Bugg

Salsa

Bachata

Rythm Foxtrot

Basic steps

Man

LF Basic in place

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic in place

1	RF fwd	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF almost closes to RF	-----	Q

Man

LF Basic moving fwd

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic moving backwards

1	RF back	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF almost closes to RF	-----	Q

Man

LF Basic moving backwards

Step	Fotposition	Turning	Rhythm
1	LF back	-----	S
2	RF back	-----	S
3	LF back small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic moving backwards

1	RF fwd	-----	S
2	LF fwd	-----	S
3	RF fwd small step	-----	Q
4	LF almost closes to RF	-----	Q

Note: The basic steps can be used any time. Before dancing a figure, after having danced a figure or in the middle of a figure. The basic steps are used as links between the figures. What kind of basic should be used depends from where you are coming and where you are going. To dance a basic in place or a basic moving backwards, keep the weight back on the previous last steps and to dance a basic moving forward keep the weight forward on the previous last steps.

Rythm Foxtrot figure A

Natural turn

Man

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	1/8 to R	S
3	LF to side wide step	1/4 to R	Q
4	RF closes to LF	1/8 till R	Q

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side small step	3/8 to R body turns less	Q
4	LF closes to RF	Body turns	Q

Step 5-8 repeat step 1-4 continue turning to the R and complete one full turn to the R over 8 step.

Note: Step 3 for the lady is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4. It is possible to turn less by repeating steps 1-4 three or four times before having made a complete turn to R.

General: It is advisable to dance a basic in place before the figure A if it should be repeated or a Figure B should follow. If you choose to follow with figure C dance a basic in place after figure A and add a Basic moving forward before dancing the Figure C.

Rythm Foxtrot figure B

Quarternturn

Man

Step	Fotposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid	1/4 to R	Q
4	RF closes to LF	-----	Q
5	LF back	-----	S
6	RF back	1/8 to L	S
7	LF to side	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side	1/4 to R Body turns less	Q
4	LF closes to RF	Body turns	Q
5	RF fwd	-----	S
6	LF fwd	1/8 to L	S
7	RF till sid	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

General: It is advisable to dance a basic in place before the figure B if it should be repeated or a Figure A should follow. If you choose to follow with figure C dance a basic in place after figure A and add a Basic moving forwards before dancing the Figure C.

Rythm Foxtrot figure C

Reverse turn

Man

Step	Fotposition	Turning	Rhythm
1	LF fwd	1/8 to L	S
2	RF back	1/8 to L	S
3	LF to side short step	1/4 to L body turns less	Q
4	RF closes to LF	Body turns	Q

Note: Toe turned in on step 2. Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Lady

1	RF back	1/8 to L	S
2	LF fwd	1/8 to L	S
3	RF to side wide step	1/4 to L	Q
4	LF closes to RF	-----	Q

Step 5-8, repeat figur C to complete a full turn to the L over 8 steps. The turn could be less and a full turn to the Left can be done by repeating the figure three or four times

Slow Waltz

Basic Steps (Balance step)

Man

LF Basic (Balance step)

Step	Count	Fotposition	Turning	Rhythm
1	123	LF diagonal back or to side	-----	1,2,3,

Lady

RF Basic (Balance step)

1	123	RF fwd or Diag fwd	-----	1,2,3,
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Man

RF Basic (Balance step)

Step	Count	Fotposition	Turning	Rhythm
1	123	RF to side or diag fwd	-----	1,2,3,

Lady

LF Basic (Balance step)

1	123	LF to side or diag back	-----	1,2,3,
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General: The Basic steps, (Balance steps) can be danced any time. Before a Figure or after a Figure or in the middle of a Figure.

Slow Waltz figure A

Natural turn

Man

Step	Count	Footposition	Turning	Rhythm
1	123	LF diagonal back (Balance step)	-----	1,2,3,
2	4	RF fwd	1/8 to R	1
3	5	LF to side wide step	1/4 to R	2
4	6	RF closes to LF	1/8 till R	3
5-8	123456	5-8, repeat figur A to complete a full turn to the R over 8 steps.		1,2,3,4,5,6

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	4	LF back	1/8 to R	1
3	5	RF to side small step	3/8 to R body turns less	2
4	6	LF closes to RF	Body turns	3
5-8	123456	5-8, repeat figur A to complete a full turn to the R over 8 steps.		1,2,3,4,5,6

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

General: The turn could be less and a full turn to the Right can be done by repeating the figure three or four times.

Slow Waltz figure B

Quarterturn

Step	Count	Footposition	Turning	Rhythm
Man				
1	123	LF diag back (Balance step)	-----	1,2,3,
2	4	RF fwd	1/8 to R	1
3	5	LF till sid	1/4 to R	2
4	6	RF closes to LF	-----	3
5	1	LF back	-----	1
6	2	RF back	-----	2
7	3	LF back	-----	3
8	4	RF back toe turned in	1/8 to L	1
9	5	LF to side small step	1/4 to L	2
10	6	RF closes to LF	Body turns	3

Note: Step 9 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 10.

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	4	LF back	1/8 to R	1
3	5	RF to side small step	1/4 to R Body turns less	2
4	6	LF closes to RF	Body turns	3
5	1	RF fwd	-----	1
6	2	LF fwd	-----	2
7	3	RF fwd	-----	3
8	4	LF fwd	1/8 to L	1
9	5	RF to side wide step	1/4 to L	2
10	6	LF closes to RF	-----	3

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Slow Waltz figure C

Reverse turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1	123	LF diag back (Balance step)	-----	1,2,3,
2	456	RF to side (Balance step)	1/8 to L	1,2,3,
3	1	LF fwd	-----	1
4	2	RF till sid	1/4 to L	2
5	3	LF back short step	1/8 to L	3
6	4	RF back toe turned in	1/8 to L	1
7	5	LF to side small step	1/4 to L	2
8	6	RF closes to LF	Body turns	3

Note: Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8
If the figure C is repeated continue turn 1/8 to L on the first balance step in the second figure C.

It is possible to lead lady to step outside mans RF on his R side on step 5. Alternative it is possible to lead lady to step in line between the mans feet on step 5.

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	456	LF to side small step	1/8 to L	1,2,3,
3	1	RF back toe turned in	-----	1
4	2	LF to side small step	1/4 to R Body turns less	2
5	3	RF fwd	See note	3
6	4	LF fwd	1/8 to L	1
7	5	RF to side wide step	1/4 to L	2
8	6	LF closes to RF	-----	3

Note: Step 5 is a "Chaplin step" The toe pointing out and the body turns less.

If the man is leading the lady to step outside his R side on step 5 the body is still turn less in order to keep the contact with the man. If the mani is leading lady to step in line between the mans feet the body will turn to the L to keep square to the man.

Slow Foxtrot

Basic steps

Man

LF Basic in place

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	-----	S
3	LF almost closes to RF	-----	Q
4	RF fwd small step	-----	Q

Lady

RF Basic in place

1	RF fwd	-----	S
2	LF back	-----	S
3	RF almost closes to LF	-----	Q
4	LF back small step	-----	Q

Man

LF Basic moving fwd

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	S
2	RF fwd	-----	S
3	LF almost closes to RF	-----	Q
4	RF fwd small step	-----	Q

Lady

RF Basic moving backwards

1	RF back	-----	S
2	LF back	-----	S
3	RF almost closes to LF	-----	Q
4	LF back small step	-----	Q

Man

LF Basic moving backwards

Step	Fotposition	Turning	Rhythm
1	LF back	-----	S
2	RF back	-----	S
3	LF back small step	-----	Q
4	RF almost closes to LF	-----	Q

Lady

RF Basic moving backwards

1	RF fwd	-----	S
2	LF fwd	-----	S
3	RF fwd small step	-----	Q
4	LF almost closes to RF	-----	Q

Note: The basic steps can be used any time. Before dancing a figure, after having danced a figure or in the middle of a figure. The basic steps are used as links between the figures. What kind of basic should be used depends from where you are coming and where you are going. To dance a basic in place or a basic moving backwards, keep the weight back on the previous last steps and to dance a basic moving forward keep the weight forward on the previous last steps.

Slow Foxtrot figure A

Natural turn

Man

Step	Fotposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid	1/4 to R	Q
4	RF closes to LF	1/8 to R	Q
5	LF back toe turn in	1/8 to R	S
6	RF to side small step	1/4 to R	S
7	LF Diag fwd	1/8 to R	Q
8	RF closes to LF	-----	Q

Note: The L toe turns in on step 5 to ease the turning of the body. If the Natural turn is repeated the first step of the second Natural turn can be taken fwd depending if the body weight is fwd or back when closing the feet on step 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side	1/4 to R Body turns less	Q
4	LF closes to RF	Body turns	Q
5	RF fwd	1/8 to R	S
6	LF to side wide step	1/4 to R	S
7	RF back	1/8 to R	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4. If the Natural turn is repeated the first step of the second Natural turn can be taken bwd depending if the man steps fwd or bwd.

Slow Foxtrot figure B

Quarterturn

Man

Step	Fotposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid	1/4 to R	Q
4	RF closes to LF	-----	Q
5	LF back	-----	S
6	RF back	1/8 to L	S
7	LF to side	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side	1/4 to R Body turns less	Q
4	LF closes to RF	Body turns	Q
5	RF fwd	-----	S
6	LF fwd	1/8 to L	S
7	RF till sid	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Slow Foxtrot figure C

Reverse turn

Man

Step	Footposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF diag fwd	1/8 to L	S
3	LF fwd	1/8 to L	Q
4	RF back	1/8 to L	Q
5	LF back	1/8 to L	S
6	RF back toe turned in	1/8 to L	S
7	LF to side small step	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to L	S
3	RF back toe turned in	1/8 to L	Q
4	LF closes to RF toe turned out	1/4 to L Body turns less	Q
5	RF fwd	Body turns	S
6	LF fwd	1/8 to L	S
7	RF till sid wide step	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 4 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4.

Wedding Waltz

Basic steps

LF fwd basic step

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	1
2	RF fwd short step	Body turns to the L	2
3	LF closes to RF	-----	3

RF fwd basic step

Step	Fotposition	Turning	Rhythm
1	RF fwd	-----	1
2	LF fwd short step	Body turns to the R	2
3	RF closes to LF	-----	3

LF bwd basic step

Step	Fotposition	Turning	Rhythm
1	LF bwd	-----	1
2	RF bwd short step	Body turns to the R	2
3	LF closes to RF	-----	3

RF bwd basic step

Step	Fotposition	Turning	Rhythm
1	RF fwd	-----	1
2	LF fwd short step	Body turns to the L	2
3	RF closes to LF	-----	3

Note: The basic steps are links between the Natural turn and the Reverse turn. All Basic steps can be danced by both the Man and the Lady.

Example: As Man dance figure A the Natural turn, dance 2 fwd basic steps and then the figure B the Reverse turn. Or dance figure A the Natural turn, dance 2 fwd basic and then into figure C the Quarterturn.

Wedding Waltz figure A

Natural turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-3	123	LF fwd basic step	Body turns to L	1,2,3,
4	1	RF fwd	1/8 to R	1
5	2	LF to side small step	1/8 to R	2
6	3	RF closes to LF	-----	3
7	4	LF back	1/8 to R	1
8	5	RF closes to LF	1/8 to R	2
9	6	LF step in place	-----	3

Repeat step 4-9 continue turning to R to complete one full turn to the R. It is possible to turn less by using 4 times fwd and back to complete one full turn to the R. It is also possible to turn more by turning one full turn to the R over the 9 steps

Lady

1-3	123	RF bwd basic step	Body torn to L	1,2,3,
4	1	LF back	1/8 to R	1
5	2	RF closes to LF	1/8 to R	2
6	3	LF step in place	-----	3
7	4	RF fwd	1/8 to R	1
8	5	LF to side small step	1/8 to R	2
9	6	RF closes to LF	-----	3

Repeat step 4-9 continue turning to R to complete one full turn to the R. It is possible to turn less by using 4 times fwd and back to complete one full turn to the R. It is also possible to turn more by turning one full turn to the R over the 9 steps

Wedding Waltz figure B

Reverse turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-3	123	RF fwd basic step	Body turns to R	1,2,3,
4	1	LF fwd	1/8 to L	1
5	2	RF to side small step	1/8 to L	2
6	3	LF closes to RF	-----	3
7	4	RF back	1/8 to L	1
8	5	LF closes to RF	1/8 to L	2
9	6	RF step in place	-----	3

Repeat step 4-9 continue turning to L to complete one full turn to the L. It is possible to turn less by using 4 times fwd and back to complete one full turn to the L. It is also possible to turn more by turning one full turn to the L over the 9 steps

Lady

1-3	123	LF bwd basic step	Body torn to R	1,2,3,
4	1	RF back	1/8 to L	1
5	2	LF closes to RF	1/8 to L	2
6	3	RF step in place	-----	3
7	4	LF fwd	1/8 to L	1
8	5	RF to side small step	1/8 to L	2
9	6	LF closes to RF	-----	3

Repeat step 4-9 continue turning to L to complete one full turn to the L. It is possible to turn less by using 4 times fwd and back to complete one full turn to the L. It is also possible to turn more by turning one full turn to the R over the 9 steps

Wedding Waltz figure C

Quarter turn

Step	Count	Fotposition	Turning	Rhythm
Man				
1-3	123	LF fwd basic step	Body turns to L	1,2,3,
4	4	RF fwd	1/8 to R	1
5	5	LF to side small step	1/8 to R	2
6	6	RF closes to LF	1/8 to R	3
7-9	123	Dance a LF Bwd basic	-----	1,2,3
10	4	RF back toe turned in	Commence turn to L	1
11	5	LF closes to RFtoe turned out	1/4 to L (Body turns less)	2
12	6	RF step in place	Body turns to L	3
Lady				
1-3	123	RF bwd basic step	Body torn to L	1,2,3,
4	4	LF back	1/8 to R	1
5	5	RF closes to LF	1/8 to R	2
6	6	LF step in place	1/8 to R	3
7-9	123	Dance a RF fwd basic	-----	1,2,3
10	4	LF fwd	1/8 to L	1
11	5	RF to side small step	1/4 to L	2
12	6	LF closed to RF	-----	3

Note: The Figure C Quarterturns is first turning to R, then a basic step to stop the turning and then turning back to the L the last 3 steps. This Figure could be repeated several times before dancing another figure.

Tango

Basic steps

Man

LF Basic in place

Step	Fotposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF places to side small step	-----	Q

Lady

RF Basic in place

1	RF fwd	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF places to side small step	-----	Q

Man

LF Basic moving fwd

Step	Fotposition	Turning	Rhythm
1	LF fwd	-----	S
2	RF fwd	-----	S
3	LF fwd small step	-----	Q
4	RF places to side small step	-----	Q

Lady

RF Basic moving backwards

1	RF back	-----	S
2	LF back	-----	S
3	RF back small step	-----	Q
4	LF places to side small step	-----	Q

Man

LF Basic moving backwards

Step	Fotposition	Turning	Rhythm
1	LF back	-----	S
2	RF back	-----	S
3	LF back small step	-----	Q
4	Replace weight fwd to RF (Rockstep)	-----	Q

Lady

RF Basic moving backwards

1	RF fwd	-----	S
2	LF fwd	-----	S
3	RF fwd small step	-----	Q
4	Replace weight bwd to LF (Rockstep)	-----	Q

Note: The basic steps can be used any time. Before dancing a figure, after having danced a figure or in the middle of a figure. The basic steps are used as links between the figures. What kind of basic should be used depends from where you are coming and where you are going. To dance a basic in place or a basic moving backwards, keep the weight back on the previous last steps and to dance a basic moving forward keep the weight forward on the previous last steps.

Tango Figure A

Natural turn

Man

Step	Footposition	Turning	Rhythm
1	LF diagonal back	-----	S
2	RF fwd	1/8 to R	S
3	LF to side wide step	1/4 to R	Q
4	Replace the weight fwd to RF (Rockstep)	1/8 till R	Q

Step 5-8 repeat step 1-4 continue turning to the R and complete one full turn to the R over 8 step.

Note: It is possible to turn less by repeating steps 1-4 three or four times before having made a complete turn to R

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side small step	3/8 to R body turns less	Q
4	Replace the weight bwd to the LF (Rockstep)	Body turns	Q

Step 5-8, repeat figure A to complete a full turn to the R over 8 steps. The turn could be less and a full turn to the Right can be done by repeating the figure three or four times

Tango Figure B

Reverse turn

Man

Step	Footposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF diag fwd	1/8 to L	S
3	LF fwd	1/8 to L	Q
4	RF to side and slightly back	1/8 to L	Q

Step 5-8 repeat step 1-4 continue turning to the L and complete one full turn to the L over 8 step.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to L	S
3	RF back toe turned in	1/8 to L	Q
4	LF closes to RF toe turned out	1/4 to L Body turns less	Q

Step 5-8 repeat step 1-4 continue turning to the L and complete one full turn to the L over 8 step.

Note: It is possible to turn less by repeating steps 1-4 three or four times before having made a complete turn to L

Tango figure C

Quarterturn

Man

Step	Footposition	Turning	Rhythm
1	LF diag back	-----	S
2	RF fwd	1/8 to R	S
3	LF till sid wide step	1/4 to R	Q
4	Replace the weight fwd to RF (Rockstep)	-----	Q
5	LF back	-----	S
6	RF back	1/8 to L	S
7	LF to side small step	1/4 to L	Q
8	RF closes to LF	Body turns	Q

Note: The R toe turns in on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8. It is possible to change the rhythm of the last 4 steps counting SQQS. This kind of counting is used by more advanced Tango dancers.

Lady

1	RF fwd	-----	S
2	LF back	1/8 to R	S
3	RF to side small step	1/4 to R Body turns less	Q
4	Replace the weight bwd to the LF (Rockstep)	Body turns	Q
5	RF fwd	-----	S
6	LF fwd	1/8 to L	S
7	RF till sid wide step	1/4 to L	Q
8	LF closes to RF	-----	Q

Note: Step 3 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4. It is possible to change the rhythm of the last 4 steps counting SQQS. This kind of counting is used by more advanced Tango dancers and the initiative must come from the man.

Cha-Cha-Cha figure A

Basic step

LF fwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	LF fwd	-----	1
2	2	Replace weight back to RF	-----	1
3	3	LF to side small step	-----	½
4	&	RF closes to LF	-----	½
5	4	LF to side	-----	1

Note: It is possible to turn the LF fwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

RF bwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	RF back	-----	1
2	2	Replace weight fwd to the LF	-----	1
3	3	RF to side small step	-----	½
4	&	LF closes to RF	-----	½
5	4	RF to side	-----	1

Note: It is possible to turn the RF bwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

General: As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step and the same way around when the man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step. A complete Basic step will therefore consist of 10 steps. The man is dancing the LF fwd basic and directly also the RF bwd basic while the Lady starts with the RF bwd basic and continue with the LF fwd basic. Repeat the 10 steps again until a complete full turn to the L have been achieved or without turning, dance any number of full basic steps.

Cha-Cha-Cha figure B

The Promenade

LF fwd basic step turning to R

Step	Count	Footposition	Turning	Rhythm
1	1	LF fwd	1/4 to R	1
2	2	Replace weight back to RF	Commence to turn to L	1
3	3	LF to side small step	Continue turning 1/4 to L	1/2
4	&	RF closes to LF	-----	1/2
5	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

RF fwd basic step turning to L

Step	Count	Footposition	Turning	Rhythm
1	1	RF fwd	1/4 to L	1
2	2	Replace weight back to LF	Commence to turn to R	1
3	3	RF to side small step	Continue turning 1/4 to R	1/2
4	&	RF closes to LF	-----	1/2
5	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Note General:

As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step turning to R the Lady is dancing the RF fwd basic step turning to L resulting in a side by side position. Mans L hand and Ladys R hand are joined. The same way around when the man is dancing the RF fwd basic step turning to L the Lady is dancing the LF fwd basic step turning to R again resulting in a side by side position but facing the other way around. The mans R hand and the Ladys L hand are now joined. A complete Promenade will therefore consist of 10 steps. The man is dancing the LF fwd basic turning to R and directly also the RF fwd basic turning to L while the Lady starts with the RF fwd basic turning to L and continue with the LF fwd basic turning to R. Repeat the 10 steps any number of time.

Cha-Cha-Cha figure C

The under arm turn

Man

Step	Count	Footposition	Turning	Rhythm
1-10	123&4,123&4	Dance a complete basic step	Turn to L or no turn	11½½1,11½½1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Lady

Step	Count	Footposition	Turning	Rhythm
1-5	123&4	Dance step 1-5 of a RF bwd Basic	Turn to L or no turn	11½½1
6	1	LF fwd	1/4 to R	1
7	2	RF fwd	Continue turn to R	1
8	3	LF to side	Continue turn having made 1 complete turn to R over 3 step	½
9	&	RF closes to LF	-----	½
10	4	LF to side	-----	1

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234&1.

Note General:

While the man is dancing a complete Basic the lady is dancing the first half of the basic as normal but on step 6 the man is raising his L arm starting to turn her to the R under the arm. The lady continue turning under the arm for step 7 and on step 8 she will be facing the man again and take normal hold finishing dancing step 9 and 10. The whole figure can be repeated any number of times.

Rumba figure A

Basic step

LF fwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	LF fwd	-----	1 Q
2	2	Replace weight back to RF	-----	1 Q
3	3-4	LF to side	-----	2 S

Note: It is possible to turn the LF fwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1

RF bwd basic step

Step	Count	Footposition	Turning	Rhythm
1	1	RF back	-----	1 Q
2	2	Replace weight fwd to the LF	-----	1 Q
3	3-4	RF to side	-----	2 Q

Note: It is possible to turn the RF bwd basic step to L, 1/8 or 1/4 turn. For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

General: As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step and the same way around when the man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step. A complete Basic step will therefore consist of 6 steps. The man is dancing the LF fwd basic and directly also the RF bwd basic while the Lady starts with the RF bwd basic and continue with the LF fwd basic. Repeat the 6 steps again until a complete full turn to the L have been achieved or without turning, dance any number of full basic steps.

Rumba figure B

Hand to Hand

LF bwd basic step turning to L

Step	Count	Fotposition	Turning	Rhythm
1	1	LF back	1/4 to L	1 Q
2	2	Replace weight fwd to RF	Commence to turn to R	1 Q
3	3-4	LF to side small step	Continue turning 1/4 to R	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

RF bwd basic step turning to R

Step	Count	Fotposition	Turning	Rhythm
1	1	RF back	1/4 to R	1 Q
2	2	Replace weight fwd to LF	Commence to turn to L	1 Q
3	3-4	RF to side small step	Continue turning 1/4 to L	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Note General:

As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF bwd basic step turning to L the Lady is dancing the RF bwd basic step turning to R resulting in a side by side position. Mans R hand and Ladys L hand are joined The same way around when the man is dancing the RF bwd basic step turning to R the Lady is dancing the LF bwd basic step turning to L, again resulting in a side by side position but facing the other way around. The mans L hand and the Ladys R hand are joined. A complete Hand to Hand figure will therefore consist of 6 steps. The man is dancing the LF bwd basic turning to L and directly also the RF bwd basic turning to R while the Lady starts with the RF bwd basic turning to R and continue with the LF bwd basic turning to L. Repeat the 6 steps any number of time.

Rumba figure C

The under arm turn

Man

Step	Count	Footposition	Turning	Rhythm
1-6	123-4,123-4	Dance a complete basic step	Turn to L or no turn	112,112 QQS,QQS

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Lady

Step	Count	Footposition	Turning	Rhythm
1-3	123-4	Dance step 1-3 of a RF bwd Basic	Turn to L or no turn	112, QQS
4	1	LF fwd	1/4 to R	1 Q
5	2	RF fwd	Continue turn to R	1 Q
6	3	LF to side	Continue turn having made 1 complete turn to R over 3 step	2 S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

Note General:

While the man is dancing a complete Basic the lady is dancing the first half of the basic as normal but on step 4 the man is raising his L arm starting to turn her to the R under the arm. The lady continue turning under the arm for step 5 and on step 6 she will be facing the man again and take normal hold. The whole figure can be repeated any number of times.

Samba figure A

Basic step

LF fwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	LF fwd	-----	1
2	2	Close RF to LF without weight	-----	1

RF fwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	RF fwd	-----	1
2	2	Close LF to RF without weight	-----	1

LF bwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	LF Back	-----	1
2	2	Close RF to LF without weight	-----	1

RF bwd basic step

Step	Count	Fotposition	Turning	Rhythm 2/4 time
1	1	RF Back	-----	1
2	2	Close LF to RF without weight	-----	1

General: As for almost all "open dances" the steps are the same for both man and lady in what is called normal opposite. While the man is dancing the LF fwd basic step the Lady is dancing the RF bwd basic step. When the Man is dancing the RF fwd basic step the Lady is dancing the LF bwd basic step. It is possible to dance any number of basic steps moving forward for the man and backward for the Lady.

If the Man is dancing the LF bwd basic step the Lay is dancing the RF fwd basic step and when the Man is dancing the RF bwd basic step the Lady is dancing the LF fwd basic step. It is possible to dance any number of basic steps with the Man moving backwards and the Lady moving forwards.

Note:The basic steps are links between the Natural turn and the Reverse turn.

Example: Man step.

Dance figure B the Natural turn, dance 3 fwd basicsteps RF, LF, RF, and then the figure C the Reverse turn.

Samba figure B

Natural turn

Step	Count	Footposition	Turning	Rhythm
Man				
1-2	12	RF fwd basic step	1/8 to R	1,1
3-4	34	LF bwd basic step	1/8 to R	1,1
5-8	5678	Repeat step 1-4	1/4 to R	1,1,1,1
9-16	1234 5678	Repeat steps 1-8	1/2 to R	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times fwd and back to complete one full turn to the R.

Lady

1-2	12	LF bwd basic step	1/8 to L	1,1
3-4	34	RF fwd basic step	1/8 to R	1,1
5-8	5678	Repeat step 1-4	1/4 to R	1,1,1,1
9-16	1234 5678	LF step in place	1/2 to R	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times back and forward to complete one full turn to the R.

Samba figure C

Reverse turn

Step	Count	Footposition	Turning	Rhythm
Man				
1-2	12	LF fwd basic step	1/8 to L	1,1
3-4	34	RF bwd basic step	1/8 to L	1,1
5-8	5678	Repeat step 1-4	1/4 to L	1,1,1,1
9-16	1234 5678	Repeat steps 1-8	1/2 to L	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times fwd and back to complete one full turn to the L.

Lady

1-2	12	RF bwd basic step	1/8 to L	1,1
3-4	34	LF fwd basic step	1/8 to L	1,1
5-8	5678	Repeat step 1-4	1/4 to L	1,1,1,1
9-16	1234 5678	LF step in place	1/2 to L	1,1,1,1,1,1,1,1

Note:It is possible to turn more by using 2 times back and forward to complete one full turn to the R.