

RUMBA

FORWARD & BACKWARD BREAKS

MAN

No. of Steps	Timing	Rhythm	Foot Position	Alignment	Turn	Dance Position	Rise and Fall	Footwork	Sway	CBM
1	1 2	Q	LF FWD	-	-	CP	-	B-F	-	-
2	3	Q	RF SIP	-	-	CP	-	B-H	-	-
3	4	S	LF CL to RF	-	-	CP	-	B-H	-	-
4	5 6	Q	RF BK	-	-	CP	-	B-H	-	-
5	7	Q	LF SIP	-	-	CP	-	B-H	-	-
6	8	S	RF CL to LF	-	-	CP	-	B-H	-	-

Note: Cuban Motion throughout.

LADY

No. of Steps	Timing	Rhythm	Foot Position	Alignment	Turn	Dance Position	Rise and Fall	Footwork	Sway	CBM
1	1 2	Q	RF BK	-	-	CP	-	B-H	-	-
2	3	Q	LF SIP	-	-	CP	-	B-H	-	-
3	4	S	RF CL to LF	-	-	CP	-	B-H	-	-
4	5 6	Q	LF FWD	-	-	CP	-	B-F	-	-
5	7	Q	RF SIP	-	-	CP	-	B-H	-	-
6	8	S	LF CL to RF	-	-	CP	-	B-H	-	-

Note: Cuban Motion throughout.