

Rumba Syllabus

Bronze and Below - 1 - 16

Silver - 1 - 21

Gold - 1 - 29

- Basic Movements (Closed, Open, In Place,
1 Alternative)
2 Alemana
3 Hand to Hand (to Right and Left Side Position)
4 New York (to Left or Right Side Position)
5 Shoulder to Shoulder (Left Side and Right Side)
6 Spot Turns to Left and Right
7 Cucarachas (LF and RF)
8 Cuban Rocks
9 Progressive Walks Forward or Back
10 Side Steps (to Left or Right)
11 Closed Hip Twist
12 Fan
13 Hockey Stick
14 Natural Opening Out Movement
15 Natural Top
16 Opening Out to Right and Left
- 17 Open Hip Twist
18 Reverse Top
19 Opening Out from Reverse Top
20 Aida
21 Spirals (Spiral, Curl, Rope Spinning)
- 22 Sliding Doors
23 Three Threes
24 Three Alemanas
25 Fencing
26 Hip Twists (Advanced, Continuous, Circular)