

Basic Technique

LATIN

Rumba :

Body Posture and Tone

Leg Action of Rumba

Cuban Motion and Body Rhythm

Foot Timing vs Body Rhythm

Cha Cha :

Body Posture and Tone

Leg Action of Cha Cha

Cuban Motion and Body Rhythm

Compact Base

Samba :

Body Posture and Tone

Leg Action of Samba

Technique of Basic

Technique of Whisk

Technique of Samba Walk

Technique of Bota Fogo

Technique of Volta

Basic Technique

STANDARD

Body Posture and Tone

The Dance Frame

Closed Position

Promenade Position

Use of all joints

Leg Action and Footwork

The Magic of Dancing Together

Contra Body Movement Position

Contra Body Movement

Body Swing

Points unique to Tango