

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