

Chepstow u3a Dancing Group

17/09/2025

Latin Rumba

Rumba music has 4 beats to the bar at about 20 bars per minute

The basic rhythm is 1 2 3 4 but you only generally dance on the 2 3 4!

Start Routine

LF	Fwd Basic	234	
RF back	Lady u/arm turn	234	
LF thro.	New York	234	
RF thro.	Spot Turn	234	
LF	Fwd Basic	234	
RF back	Lady u/arm turn	234	
LF thro.	2*New York	23434	(to stage and then to road)
LF thro.	Zig Zag with Fallaway	234	end facing road
RF	Rock	234	(facing road)
LF side	Side-close-side	234	
RF thro.	Spot Turn	234	(to road)
LF	Fwd Basic	234	

The following can be danced in any sequence with forward and back basic in between each figure if required.

Hip Twist

LF	Ladies hip twist	234234	
LF	Hockey stick	234234	Lady turns to left on second 23
LF	New York	234	
RF thro.	Spot Turn	234	(to road)

Rope Spin

LF	Fwd Basic	234	
RF back	Lady u/arm turn	234	Natural turn
LF side	Rope spin	234234	Just walk round man
Keep hold of ladies hand over man's head as she walks round man			
RF side	Lady Rvs. turn	234	
LF	Fwd Basic	234	

Turkish Towel

LF	Fwd Basic in h/shake hold	234	
RF back	Lady u/arm turn	234	
Man turns to face road, lady goes behind man.			
LF back	Turkish towel	234234234	Lady fwd.
Let go with left hand on last 23			
RF back	and follow lady	234	Lady spins out with Spiral (rvs turn)
(back to start)			

Marcasita Ending

LF	Fwd basic	234	
RF back	Lady 2 u/arm turns	2*234	
	Prepare to both walk back after 2 nd u/arm turn		
RF back	Walk back against LOD	234	
LF side	Change places	234	Man behind lady, lady in front
RF fwd.	Walk in 180 turn	234	
	Man walk forwards, Lady backwards but both turn 180 to end facing LOD		
LF	Sliding doors*3	3*234	
RF back	Hip twist and Hockey stick	3*234	Lady turn to left on last 23
As hip twist finish or just a fwd. basic			

Natural Top, 3 Off Arm, Hip Twist and Hockey Stick

LF	Fwd basic into Natural Top	234	Man step to side and fwd. on 4
RF	Whisk position into Top	234	Man whisk, side, whisk
LF side	Lady off arm to R, L, R	3*234	
RF back	Bring lady in front of man into Hip Twist and hockey stick	4*234	

Hip Twist and Lady U/arm Turn to Right

LF	Hip Twist	3*234	
RF	Lady back basic	234	
	Man turns to stand to face lady		
	And must signal by holding left arm up and to left.		
LF	Lady u/arm turn to right	234	
RF	New York	234	
LF fwd.	Lady back basic	234	

Natural Top with Lady Underarm Turn

LF	First 6 steps of Natural Top	2*234	
LF	Lady u/arm turn, Man Natural Top steps	234	
RF	Continue with another Natural Top	234	
Continue with Natural Top figures			

Modified Turkish Towel

LF	Fwd Basic in h/shake hold	234
RF back	Lady u/arm turn	234
	Man turns to face road, lady goes behind man.	
LF back	Turkish towel	234234 Lady fwd.
After 2 nd	234 on next 234	
LF back	man goes behind lady, lady goes in front	234
RF fwd	Two more Turkish towels	234234
	(man is now behind lady)	
RF fwd	Man lets go with Left hand on 3 rd	234
LF fwd	Lady fwd with RF into turning natural basic	234
	Man fwd with LF o/s lady on her rhs	
RF back	Rock. Lady rocks fwd.	234
LF side	3 time steps	2&3&4&
RF back	Lady into hip twist and hockey stick	234234234234