

# Rhythm

- Cha Cha
- Rumba
- Swing
- Mambo

# Cha Cha

- Back Step [23]
- 3x Lock Steps [4&1 2&34&1]
- Cross Body Lead [234&1 234&1]
- 3x Cross Over Break [234&1 234&1 234&1]
- Alemana [234&1]
- 3x Fifth Position Break [234&1 234&1 234&1]
- Spot Turn [234&1]
- Cross Body Lead [234&1 234&1, jump to the second of three lock steps from the beginning]

# Rumba

- Walk Around Turn (with turn) [341 341 341 341]
- Basic Box (end w/ side step) [341 341]
- 3x Cross Over Break [341 341 341]
- Alemana [341]
- 3x Fifth Position Break [341 341 341]
- Spot Turn [341]
- Cross Body Lead [341 341]
- Open Break [341]
- Underarm Turn [341, into Walk Around Turn]

# Swing

- Hip Bump [123456]
- Stop and Go [78123456]
- Hip Bump [781234]
- Stop and Go [56781234]
- American Spin [5678]
- 2x Mooch Kicks [12345678123456781234]
- 2x Whip [56781234]
- Change of Places Left to Right [567812]
- Change of Hands Behind the Back [345678]

# Mambo

- Basic [234 678]
- 3x Cross Over Break [234 678 234]
- Follow Turn [678]
- Cross Body Lead [234 678]
- Open Break [234]
- Alemana [678]
- 2x Fifth Position Breaks [234 678]
- Cross Over Break with Swivels [234 678]
- Cross Body Lead [234 678]