

Rhythm

- Cha Cha
- Rumba
- Swing

Cha Cha

- 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]

Rumba

- 3x Cross Over Break [341 341 341]
- Alemana [341]
- 3x Fifth Position Break [341 341 341]
- Spot Turn [341]

Swing

- Hip Bump [123456]
- Stop and Go [78123456]
- Hip Bump [781234]
- Stop and Go [56781234]
- Change of Places Left to Right [567812]
- Change of Hands Behind the Back [345678]