

Ballroom Basics - The Moves!

Men

Fox Trot - Slow Slow Quick Quick

Basic - Forward, Forward, Side, together

Curving Basic - Forward, Forward, Side, together

Promenade - Forward, Forward, (Face partner for) side, together

Rock Turn - Forward, Back, Turn, Side together

Waltz - 123 456

Basic - Forward, Side, Together, Back, Side, Together

Underarm Turn - Forward, Side, Together, Back, Side, Together, Forward, turn, Left, Side, Together, Back, Side, Together

Left Turning Box - Forward, turn left, side together, back, turn left, side together, Forward, turn left, side together, back, turn left, side together

Rumba - Slow Quick Quick

Basic - Forward, Side, Together, Back, Side, Together

Underarm Turn - Forward, Side, Together, Back, Side, Together, Forward, turn, Left, Side, Together, Back, Side, Together

Rocks - Forward, Forward (Rock Forward, Back, Forward), Forward (Rock forward, back, forward), Side, Tog, Back, Tog

Tango - Slow Slow Quick Quick Slow

Basic - Forward, Forward, Forward, Side, Drag

Rocks - Forward, Forward, Forward (Rock Forward, Back, Forward) Forward (Rock Forward, Back, Forward), Forward, Side, Drag

Corte - Back, Replace weight on Right, Forward, Side, Drag

Women

Fox Trot - Slow Slow Quick Quick

Basic - Back, Back, Side, Together

Curving Basic - Back, Back, Side, together

Promenade - Forward, Forward, (Face partner for) side, tog

Rock Turn - Back, Forward, Turn, Side, Together

Waltz - 123 456

Basic - Back, Side, Together, Forward, Side, Together

Underarm Turn - Back, Side, Together, Walk, Walk, Walk, Walk, Turn, Side, Together, Forward, Side, Together

Left Turning Box - Back, turn left, side together, forward, turn left, side together, back, turn left, side together, forward, turn left, side together

Rumba - Slow Quick Quick

Basic - Back, Side, Together, Forward, Side, Together

Underarm Turn - Back, Side, Together, Walk, Walk, Walk, Walk, Turn, Side, Together, Forward, Side, Together

Rocks - Back, Back (Rock back, forward, back), Back, (Rock back, forward, back), Side, Together, Forward, Side, Together

Tango - Slow Slow Quick Quick Slow

Basic - Back, Back, Back, Side, Drag

Rocks - Back, Back, Back (Rock Back, Forward, Back) Back, (Rock Back, Forward, Back), Back, Side, Drag

Corte - Forward, Replace weight on left, Back, Side, Drag

Ballroom Basics - The Moves!

Men

East Coast Swing - 1&2 3&4 56

Basic - Left, Together, Left, Right, Together, Right, Rock Step

Underarm Turn - Rock Step, Left, Together, Left, (Trading Sides)
Right, Together, Right

Underarm to the Left - (Underarm to man's left) Rock Step, Left,
Together, Left, Right, Together, Right

Cha Cha - 1234&5678&

Basic - Side, Rock step, side together side, rock step

Corner Rocks (Parallel Breaks) - Side, Rock step, side together
side, rock to right corner, side together side (to left), Rock to left
corner, side together side, rock to right corner, side together side
(to left), rock back

Rock Back (5th Position Break) - Side, Rock step, side together side,
rock back, side together side (to left), Rock back, side together
side (to right), rock back, side together side (to left), rock straight
back

Women

East Coast Swing - 1&2 3&4 56

Basic - Right, Together, Right, Left, Together, Left, Rock Step

Underarm Turn - Rock Step, Right, Together, Right, (Turning
Under Hand) Left, Together, Left

Underarm to the Left - Rock Step, Right, Together, Right, (turn)
Under Hand) Left, Together, Left

Cha Cha - 1234&5678&

Basic - Side, Rock step, side together side, rock step

Corner Rocks (Parallel Breaks) - Side, Rock step, side together
side, rock back to left corner, side together side (to right), rock
back to right corner, side together side, rock back to left
corner, side together side (to right) rock forward

Rock Back (5th Position Break) - Side, Rock step, side together
side, rock back, side together side (to right), Rock back, side
together side (to left), rock back, side together side (to right), rock
straight forward