

Latin I & II

Winter 2009: 8 – 8:55 p.m., Monday

Merengue (also done to salsa beat)

Routine:

- 8 in place
- 8 lady's outside turn/right/clockwise (armpit and rib aligned)
- 8 man's outside turn/left/counter clockwise
- 8 lady's inside turn/left/counter clockwise
- 8 man's inside turn/right/clockwise
- repeat

Salsa (engage hamstrings)

Rules:

- small steps
- don't put heel down going back
- do full weight transfer

Shines:

- Basic – in place, closed, open
- Breaks – side, forward and back
- Side, side, side, tap
- Cumbia/5th position (angle body, cross back)
- cross, diagonal, front
- 2 o'clock turn
- cross, step, cross, swivel – Suzie Q
- ½ jazz box (cross, back, side -1,2,3), hook (tight) forward, forward (1,2,3)

2 o'clock turn:

- back right, forward left, right forward to 2 o'clock position, left forward in front of right, pivot on toes, swing left foot back, right back for start of basic.

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Latin I & II (cont)

Combo/Amalgamation:

- 2 basics
- cross body lead with under arm turn
 - under arm turn – he turns her with his left hand, forward on 5, toward his head, circle her head, and back out (5, 6, 7)
 - to end in closed position – before the 7, he puts his hand on her back by spine so she will lift arm in her space and land on his shoulder
- 2 basics
- cross body lead

- 2 basics
- she goes under (2 o'clock) – optional with man turn with hand behind his back
- 2 basics

- 2 basics – 2-hand hold
- he turns to his right (1,2,3) he takes her left hand with his left hand
- continuing to turn with his back to her (5,6,7)
- 2 sets of cumbias/5th position, on 4th one he lifts his right hand
- he does 6 steps back to face her, she does them in place
- 2 o'clock turn (back ½ basic, 2 o'clock turn)
- hands over her head (1,2,3)
- into cross body lead (5,6,7)

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