

## High School Rhythm Syllabus 2012/2013

### 1. Rumba:

#### Transition Steps:

- a. Basic
- b. Left turning Rock  
(1-3 Basic, 2 turning rock steps, 4-6 basic)

#### New Steps:

- a. #1 Cross over Breaks  
(1-3 Basic, Tripple Step, 3 Cross overs, U/A Turn, 5<sup>th</sup> Pos, Break, 4-6 Basic)
- b. #2 5<sup>th</sup> Position Walks  
(1-3 Basic, Tripple Step, 5<sup>th</sup> Pos, Break w Hand Change, fwd walks, 5<sup>th</sup> Pos Break, fwd walks, U/A Spiral)

#### Addendum Step:

- a. #3 Open Cuban Walks  
(1-3 Basic, Tripple Step, 3 5<sup>th</sup> Pos. Breaks, 1-3 Basic, walk around, 4-6 bwd walks)

### 2. Cha Cha:

#### Transition Steps:

- a. Basic
- b. Chase Turn

#### New Steps:

- a. #1 Roundabout Cross over  
(Basic, Cross over, 3 free turns, Cross over, U/A Turn)
- b. #2 Manhattan Roll Out  
(Basic, Open Break, Walk Around, U/A)

#### Addendum Step:

- a. #3 Sweetheart Break  
(Basic, Cross over Break w U/A, 2 Sweetheart Breaks, U/A)

3. **Mambo:**

**Transition Steps:**

- a. Basic
- b. Cross Body Lead

**New Steps:**

- a.#1 Mambo Basics  
(1-6 Basic, 1-6 Side Basic)
- b.#2 5<sup>th</sup> Position Breaks  
(1-6 CBL, 4 5<sup>th</sup> Pos. Breaks, 4-6 CBL)

**Addendum Step:**

- a.#3 Open Box  
( 1-6 Open Box, 2 Hesitation Rocks, 1-6 Open Box)

4. **Jive:**

- 1. fallaway rock
- 2. american spin
- 3. stop and go
- 4. whip
- 5. bump