BASICS:

Abbreviations:
- (S) Slow Step
- (Q) Quick Step
- RF Right Foot
- LF Left Foot

Each number represents a beat of music

Helpful hints for dance practice.
First, you should lift your foot slightly off the ground as you step onto the other foot. This is the same as when you walk. What you want to avoid is putting your foot down to take a step without actually shifting your weight to that foot.

Your steps are done by alternating which foot you are stepping onto---the right then the left, then the right, then the left, etc. This is the same as what you do when you walk. So as you practice, keep an eye out to be sure you are switching which foot you step onto continuously.

It is a great help for dancers who are first learning, to take very small steps. Any imperfection in your rhythm or how your weight is centered, etc. tends to be minimized if the steps are very small. Larger steps can make it hard to be "on time" when the music is fast.

Here is what I mean by a small step: One foot should not pass more than half a shoe-length beyond the other foot. It's really barely a step at all! Once you gain an understanding of these moves, then you can take larger steps if so inclined.

As you learn increasingly complex moves, you will find that there are some exceptions to this rule where a large step is needed.

Source: http://www.danceintime.com

International Latin Dances:

Cha-Cha: Energetic and sassy, the Cha-Cha is danced to authentic Latin music or Latin Pop. It is an offshoot of the Mambo.

Rumba: The Rumba is known as the "dance of love." Danced to romantic, Latin love songs, it is fun and quite easy to learn.

Samba: Often difficult to master, the Samba is a lively Brazilian dance consisting of many jumps and turns. The Samba is an extremely fast dance.

Paso Doble: Meaning "two step" in Spanish, is a lively, march-like dance with significantly less hip movement.

Jive: A variation of the Jitterbug, the Jive consists of dance steps derived from country dancing.

Source: http://dance.about.com/od/typesofdance/p/Latin_Dance.htm
Rhythm & Dance

Grapevine
RF step R, LF crosses behind RF, RF steps R, LF touches OR crosses in front of RF, RF steps R, LF touches. Can be done to the left side as well.

Step-Touch
RF steps R, LF touches next to RF, LF steps to L, RF touches next to LF. Can be done forward or backward as well.

Mambo Basic

Men's Steps (This step is done with the woman in front of the man face to face)
1. Step forward with the LF (Q)
2. Rock back onto the RF (Q)
3 - 4. Bring the LF next to the RF (S)
5. Step back with the RF (Q)
6. Rock forward onto the LF (Q)
7 - 8. Bring the RF next to the LF (S)

Women's Steps (This step is done with the man in front of the woman face to face)
1. Step back with the RF (Q)
2. Rock forward onto the LF (Q)
3 - 4. Bring the RF next to the LF (S)
5. Step forward with the LF (Q)
6. Rock back onto the RF (Q)
7 - 8. Bring the LF next to the RF (S)

CHA CHA

Men's Steps (This step is done with the woman in front of the man face to face)
1. Step forward with the LF
2. Rock back onto the RF
3 and 4. Starting with the LF take 3 short steps back (Cha-Cha-Cha)
5. Step back with the RF
6. Rock forward onto the LF
7 and 8. Starting with the RF take 3 short steps forward (Cha-Cha-Cha)

Women's Steps (This step is done with the man in front of the woman face to face)
1. Step back with the RF
2. Rock forward onto the LF
3 and 4. Starting with the RF take 3 short steps forward (Cha-Cha-Cha)
5. Step forward with the LF
6. Rock back onto the RF
7 and 8. Starting with the LF take 3 short steps back (Cha-Cha-Cha)