

BALLROOM DANCE NOTES - RUMBA

The rumba is a Cuban dance along with the mambo, bolero and cha cha. The music is usually identified by the tantalizing rhythms of the percussion instruments known as maracas which carry the continuous quick beat and the sticks or bongo drums which beats out the accented rhythm of the dance.

The step pattern of the rumba is not unlike the fox trot, but, as with the tango the difference lies in interpretation of the music and style of movement.

Rumba Rhythm

Rumba is written in 4/4 time and usually has slow or medium tempo but could be fast also. The basic step or rhythm is quick, quick, slow.

Rumba Style

The steps are short-taken with the knee leading, and with the knee slightly bent. As the weight shifts, the supporting leg straightens, the other is relaxed, and the foot is moved into position with the knee partially flexed. The action occurs in the feet and the knees, and the secret lies in the delayed shift of weight which makes it the reverse action of a normal walking step. The upper body is upright and quiet, the shoulders remain level and do not reflect weight shift by a sideward tilt; this gives this dance a most sophisticated air.

Dance or Variation

Step Pattern

Cuban Walk

Fwd L Fwd R Fwd L; Fwd R Fwd L Fwd R
Q Q S Q Q S

Note: The Cuban walk is used for all moving variations when not in closed dance position. It may move forward, backward, or in a circle.

Box Step (closed dance position) Swd L Close R to L Fwd L; Swd R Close L to R Bwd R
Q Q S Q Q S

Step Cue: Side Together Forward, Side Together Backward

Bolero Break

Man: Box

Swd Tg Fwd; Swd Tg Bwd
Q Q S Q Q S
L R L R L R

Lady: Beginning R does Cuban Walks under man's L arm and circles clockwise in arc until she faces him again.

Fwd Fwd Fwd Fwd Fwd Fwd
Q Q S Q Q S
R L R L R L

Walk Around

Man leads as Bolero Break with Swd to Fws Swd Tg Bwd as lady goes under man's left arm--he continues to lead lady in a circle past his right side as he continues with Swd Tg Fwd and he turns $\frac{1}{2}$ turn to the left to face lady on Swd Tg Bwd (lady has been doing Cuban walk around man).

Come out in closed position with Swd Tg Fwd.

continued...

Parallel Turns or Side Turns

Lead as Walk Around:

Swd Tg Fwd Swd Tg Bwd--Lady under man's L arm and man brings lady into left reverse position

Circle 6 steps clockwise: Q Q S Q Q S
in Left Reverse Position L R L R L R

Reverse Direction (Pivot to Right Reverse Position)

Circle 6 Step Counter clockwise on Q Q S Q Q S
L R L R L R

Come out with basic box -- Swd Tg Fwd

Fifth Position Break

Consists of man and lady opening out then closing while pivoting on supporting foot.

L toe to R heel P1 Tg From closed position, open on QQ, close on S.
Q S Man open to his left.
R L Lady to her right.

R toe to L heel P1 Tg Open on QQ, close on S.
Q S Man opens to his right.
L R Lady to her left.

Back Side Turn

Q Q S Lady turns under man's left arm, change hands R to R.
L R L

Q Q S Q Q S Lady continues around man to end up on his left side--left
R L R L R L hands are also joined, right hand close to man's right waist,
left hands in front of lady.

Q Q S Couple pivots clockwise (man moves Bwd, lady moves Fwd)
R L R

Q Q S Man releases right hand and leads lady in turn to her right to end
L R L up on right side of man--hands are again joined R to R, L to L.

Q Q S Couple pivots clockwise (lady moving Bwd, man Fwd)
R L R

Q Q S Man releases left hand and turns lady to her right into closed
L R L position.

Pick up basic--Swd Tg Bwd
R L R

Dishrag

Basic Box

Man leads lady in full walk around to his left, changing hands R to R until lady again faces man, man takes lady left hand in his so they are in a cross arm position.

Continued...

Man takes steps in place Q Q S Q Q S Q Q S
L R L R L R L R L

as lady does Cuban Walks Around

Man rings dishrag three times, lady turns in P1 as man does :

Swd	Tg	Swd	Touch;	Swd	Tg	Swd	Touch;	Swd	Tg	Swd	Touch
Q	Q	S		Q	Q	S		Q	Q	S	
R	L	R	L	L	R	L	R	R	L	R	L

Lady turns to her left first time, then R, then L.

Come out with basic:

Swd	Tg	Fwd
Q	Q	S
L	R	L

Key:

Q--quick

S--slow

Swd--sideward

Fwd--foreward

Bwd--backward

Tg--together