

AMERICAN
BALLROOM DANCING
RUMBA

Cuban dance played in fast or slow tempo. The fourth beat is a hold. There is not a step on this beat, but actually the body should continue a slow roll into the beginning of the next beat. The movement is a subtle continuous quick and slow rolling motion of the weight from foot to foot. Hip action is a result of a smooth rolling motion of the knees and the weight shift into the feet, while the upper body is quiet. The steps should be short and flat footed, with the knee leading. The upper body is held high and straight and does not reflect the action of the feet, knees, or hips. The free arm is held to the side with the elbow bent; palms are facing. The open and encircling patterns reflect a subtle flirtatious quality.

Basic Rumba

1. Side (ct 1), close (ct 2), forward (ct 3), hold (ct 4) - (Q-Q-Slow)
2. Forward, forward, forward, (Q-Q-Slow)
3. Basic in a box
side, together, forward (Q-Q-Slow)
side, together, back (Q-Q-Slow)
4. And sometimes the rhythm might be reversed to slow, quick
quick, then the step becomes forward (slow), side (quick),
close quick

Variations

- 4 rumbas in place, 4 rumbas turning left
- 4 rumbas in place, 4 rumbas forward
- 4 rumbas in place, 4 rumbas backward
- 4 rumbas in place, lady around the gent passing his right shoulder with 4 rumbas.

Sequence:

4 rumbas in place
Lady turns under gent's left arm, now side by side elbows touching, turning in place lady moving forward and gent backward (4 rumbas). Gent takes lady's right hand in his right hand, he turns to his right, now on her right side with her right arm over his right shoulder, left hands joined in front (4 rumbas).
Gent pulls with his left hand, lady across in front, from his left side to his right side, now join right hands over her right shoulder, left hands joined in front (2 rumbas).
Turn lady to her right to face gent in closed position and finish with a basic (2 rumbas).

RUMBA

24

Cuban dance played in fast or slow tempo. The fourth beat is a hold. There is not a step on this beat, but actually the body should continue a slow roll into the beginning of the next beat. The movement is a subtle continuous quick and slow rolling motion of the weight from foot to foot. Hip action is a result of a smooth rolling motion of the knees and the weight shift into the feet, while the upper body is quiet. The steps should be short and flat footed, with the knee leading. The upper body is held high and straight and does not reflect the action of the feet, knees, or hips. The free arm is held shoulder high to the side with the elbow bent, palms are facing. The open and encircling patterns reflect a subtle flirtatious quality.

Basic Rumba: (Box)

<u>Count</u>	<u>Rhythm</u>	<u>Action</u>
1	quick	step left to left side
2	quick	close right to left
3-4	slow	step forward left

<u>Count</u>	<u>Rhythm</u>	<u>Action</u>
1	quick	step right to right side
2	quick	close left to right
3-4	slow	step right backward (or forward)

Rumba Breaks: (A suggested sequence)

Break 1: Lady is on Gentlemen's left; her right hand in his left. Allow elbows to be bent for "leading tension." Man moves backward-lady forward.

Break 2: Man turns and places his right hand in lady's right hand. Both move forward in a circle.

Break 3: Still holding right hands, lady travels around behind man while man dances in place and finishes on man's left side. Man holds lady's left hand in his left hand - like Varsouvienne Position but lady is on man's left side. Man now moves backward - lady forward.

Break 4: Still holding left hands, but releasing right hands, man now pulls lady across in front of him with a turn, lady is now on man's right Varsouvienne Position. Man now moves forward, lady backward.

Change to break number 2 position; change hands and return to closed dance position.

Rumba Spot Turns:

Same as in Samba and Waltz