

Introduction to Rumba

Rumba is considered a Latin rhythm. The music is in 4/4 timing, that is 4 beats to a measure. The tempo is somewhat slow, allowing time for the characteristic styling, danced with a rolling action of the foot and a fluid motion of the legs and hips.

Rumba Figures

PROGRESSIVE WALKS - Forward, Forward, Forward, -;

Usually done in groups of 3 or 6 steps.

CIRCLE WALKS - Curve the steps to move away from partner & together.

CUCARACHA - Side, Recover, Close, -;

Same footwork for Man and Lady.

Can be done with either foot.

First step is taken with just partial weight on the ball of the foot. Foot should be rolled from the inside to the outside.

BASIC - Forward, Recover, Side, -;
Back, Recover, Side, -;

Full Basic takes 2 measures. Either half can be done separately. Then it is called Half Basic, Forward or Back.

SHOULDER TO SHOULDER - (From Butterfly Position)

Forward (Cross), Recover, Side, -;

May be done with either foot. Man's left foot crosses to Sidecar; or man's right foot crosses to banjo. Shoulders should stay parallel.

HAND TO HAND - Cross Behind, Recover, Side, -;

Same footwork for Man and Lady. Both cross behind, opening up to Open or Left Open. May be done with either foot. Often done twice in opposite directions.

BREAK (BACK to OPEN) - Cross Behind, Recover, Fwd, -;

Same footwork for Man and Lady. Both cross behind, releasing lead hands, opening up to Open Position.