

**RUMBA**

**Rhythm:**  $4/4$  1,2 3 4 slow, quick quick, featuring maracas, sticks and bongo drums.

**Style:** Cuban motion: low center of gravity, bent knees, swaying hips, delayed weight changes. The movement is a subtle continuous quick and slow rolling motion of the weight from the ball of the foot to a flat foot (ball, flat for each step) between the beats. Steps are small with toes pointing straight ahead. The upper body is held upright and quiet with an air of sophistication, head focuses on partner. Closed dance position or when open position is used, free arm is held at waist height, bent elbow, palm down. The Rumba reflects a flirtatious yet dignified style.

**1. Cuban Walk:** Used for all moving variations forward, backward or in a circle. Leader steps L forward slowly rolling weight onto L foot. Step R forward, L forward. Repeat starting with R foot. Follower starts R foot back slowly rolling weight to R foot. Step L foot back, R back. Repeat starting L foot back. Partners can reverse direction.

**2. Basic Box:** As in the waltz, the leader steps forward on L, R foot to side, and closes L foot to R foot, transferring weight to L. Then steps back on R, side with L, and closes R to L with weight transfer. Follower reverses the pattern, stepping back on R, L foot side, and closing with R transferring weight. Now she steps forward on L, side with R, closes L. The difference between the waltz and rumba box is in the posture, style and rhythm. The rumba's Latin rhythm requires 2 counts for the first step and as the weight is slowly transferred, the hip on the leading foot shifts to the side. Keep knees bent, stay close to the floor, head up. Think, "slow hold, side close, slow hold side close" for 1 box.

**3. Turning Box:** Using the L toe out, R toe in technique, gently turn box to the L. Unlike the waltz, the turns need not be in quarters, but may take as many turning steps as leader feels like to complete the rotation.

**4. Follower's Underarm Outside Turn:** Starting in closed position, leader executes the box step in place, while lifting his L arm for the follower to turn under. Follower steps back on R, to do  $1/2$  box and steps straight forward on L. Step R toe out, moving under raised arms, to complete turn in 6 counts.

**5. Umbrella Turn:** Starts as Underarm Outside Turn, but instead of the leader drawing the follower to him and resuming closed position, he leads her to his R side, bringing her around behind him by lifting his L hand high so he does not have to duck under as she comes around to his L side. The leader must keep the rhythm going dancing small box steps until follower returns, or he can do a  $1/4$  turn to L to meet her at the end, resume closed position. Partners should look at each other.

**6. Progressive Walks:** Leader takes 7 steps forward in rhythm, follower, 7 steps backwards. Leader steps with R to R side, close L together, follower does opposite feet for side, close. Then both reverse direction, with leader stepping 7 steps backward starting on R. Follower steps 7 steps forward starting L. Leader steps to L side with L, close with R, Follower steps R to R side, closes with L.

**7. Rocking Progressive:** Leader steps L forward, R forward, L rock back, R forward. Leader continues, L forward, R rock back, leader steps L forward, R to R side, close L together. Follower does reverse stepping back on R, back on L, rock forward on R, step L back, step R back, rock forward on L, step back of R, L to L side, close with R. Leader needs to use a strong lead just before the follower steps forward on each of her forward steps.

**8. Side by Side Cuban Walk:**

- 1) Start with 1/2 box.
- 2) Follower does Underarm Outside Turn
- 3) Leader lowers his L hand to elbows bent together with follower's-placing follower into side-by-side position. His footwork is L forward, R side, close with L.
- 4) Leader walks backward, Follower walks forward
- 5) Continue walks in rhythm #4
- 6) Leader does steps in place to keep time, follower continues moving forward
- 7) Continue #6, join in closed position
- 8) Finish with 2nd 1/2 of box, leader steps backward on R, follower forward on L, or can be finished with leader stepping L to L side, close with R, start forward on L.

**9. Fifth Position Break:** Start with 1/2 box, leader steps R to R side, L rock back in (ballet) 5th position, R step in place. Now step L to side, rock back with R, L step in place, repeat. The follower does the opposite. When opening to the R, the leader releases R arm. when opening to the L, leader keeps holding both hands. The free arm (R) opens to side waist height, palm down, bent elbow. Follower follows with her free arm matching his. Do an odd number of break steps. To get out, leader steps forward on L to begin the basic box. (Similar to Cha Cha but with Rumba styling and rhythm and extra step side to begin, side together forward/backward to end.)

**10. Flip Flop:** Leader starts stepping forward on L as for a box, in closed position, follower backward on R. Both step (Q) side, (Q) together, (S) side. Open (leader's L, follower's R) arms, rock back step (QQ) (L, R leader, R, L follower). Step to side with free ft. Rev. Repeat. To get back to basic, step side, together forward/backward.

**11. Peek a Boo with exit Free Spin:** From basic UAT or box add extra step (S) and change to right hand shake and left hands joined above. Start rock step step (QQS)changing places (180) with partner. Do an even #, then lower hands (almost Varsouvienne) so that leader is beside follower. He needs to change to her foot work (rock step step) using a hold. Do an even # of 1/2 turns, then let go of right hands, spin follower out with left hand so in 3 steps she does 1 1/2 turn to R. The leader must use a kick, slide or hold to go back onto his footwork, they both add an extra QQ (side together) and return to basic box.

**12. Sliding Door:** Begin as in Side by Side Cuban Walk, when leader's L ft is free, turn follower to an inside UAT (follower's step is R, L, R turning to her R) to face out with a Varsouvienne hold (R hand in R hand, L to L). Sliding Door: Follower steps with L to L side, step in place on R, step L to L. Leader does reverse feet and direction. Knees are very bent, hips sway. Must do an even number of sliding doors-2,4,6 etc. Then both do a rock back (leader on R, follower rock's L) step in place and touch-tuck (leader touches with R, follower L). Follower now turns to her L (L<R<L) to face partner and a side rock-R L, before resuming basic. Leader leads follower to an outside UAT with his footwork-R, L, R (Q Q S) in place, and a side rock-L R (Q Q), before starting a basic box. The rhythm starts S, Q, Q but changes to Q, Q, S on follower's UAT to the original Varsouvienne. May substitute rock back tuck for rock back lift-follower's L bent leg- (front attitude) turn on R toe (S, Q, Q) to R, step on L. Finish with rock back, turning follower to L UAT, leader's neck wrap with L arm, and flip flop.

**13. Open Break with follower's turn:** Start with 1/2 basic box. Step side with free ft, (leader R, follower L,) change hand position to pistol grip, leader does a push away lead while both do a rock back step, then leader lifts L arm for UAT lead. Both step to side, (follower turns out R ft turning to R with (SQQ) (leader's ft work is SQQ, R to R side, together with L, step back with R to take follower back into closed position, follower steps forward on L ft. Can do rock step, step side to side (similar to flip flop, but in pistol grip or closed position.)

**14. Crossover Body Break:**

- 1) Start with basic 1/2 box
- 2) Leader steps backwards with R, L, R, follower walks straight forward, L, R,
- 3) Follower steps L & turns 3/4 to hold back to back
- 4) Return to basic 1/2 box

**15. Spot Right Turn:** Start with basic 1/2 box. For 2nd measure, do Open Break (5th position). Do spot turn for next 4 measures. Move into Promenade Break with leader's L foot at 5th position. Return to closed position, and basic box.

**16. Embrace:** Do open break and turn above, leader takes follower's R hand in his R hand reaching under the joined R hands, he takes follower's L hand in his L hand. Raise arms for follower's outside UAT. When she comes back to partner, leader lifts her arms over his head to rest around his neck. Back to a basic arm position for box. (AKA Neck Wraps)

**17. Round the World: AKA double outside follower's turn.** Begin with open break: Follower steps R back, L forward. (QQ) Proceed to follower's UAT to R turning R ft out to R (S, QQ). Add a quick turn (single or double-2 meas.) L, R, with L ft forward to face partner. and complete a 1/2 box. Leader lowers arm from 1<sup>st</sup> turn, does a rock step and lifts arm a 2<sup>nd</sup> time for follower's quick turn. Leader takes partner. back with 1/2 box (R ft

back) or a rock step, step. Another variation is to add a rock step between turns, taking 15 counts to complete this variation.

**Additional Rumba Variations: As long as one stays in the Rhythm and Styling of the Rumba, many standard variations from other dances can be adapted to this dance.** Experiment with twist steps (opposition) and other variations but keep Rumba rhythm and style throughout dance. Try building on existing variations, getting smoothly from flip flop-for example, into 5<sup>th</sup> position break.

**Note:** To return to basic: If Leader's L foot is free, take forward box. If leader's R ft is free, do R to R side, close L to R ft, step back on R for box. If changing back to SQQ rhythm from QQS, take side close forward L-or backward on R, even if L ft is free to go forward. Follower does the reverse.

**Cucaracha Step**-swaying side and side until back on rhythm, is an alternative.