



The ballroom Rumba has a reputation for being the latin dance of love. Its slower tempo and body sways make it look both romantic and seductive.

{rokbox title=|Rumba :: Sample Bronze Routine|  
thumb=|images/stories/articles/rumba\_sample.jpg| size=|854 505|  
album=|samples|}http://www.youtube.com/watch?v=XwOtNpMRXII&hd=1&autoplay=1{/rokbox}

As is the case with most latin rhythms, one main element in Rumba is the swaying of the hips while keeping the upper torso level and does not have 'rise and falls'. Even though it is a slower dance, the movement between the beats is quick with steps finishing in straight legs, which allows more time for the hips to 'settle' and to emphasise the sways and arm movements.

The Rumba uses 4/4 timing at around 100 beats per minute, with movement starting on the 2nd beat in each bar (the first beat is the 'accent', or pause) e.g. 1(pause) 2 3 4, 1(pause) 2 3 4, etc.

## **Beginner Steps**

### **Basic Step:**

- (1) Side step to right to begin (Pause);
- (2) Left foot forward;
- (3) Replace weight (back) on Right foot;
- (4) Left foot to side;
- (1) Pause
- (2) Right foot backward;
- (3) Replace weight (forward) on Left foot;
- (4) Right foot to side;

### **New Yorker:**

- (1) Side step to right to begin (Pause);
- (2) Left foot crosses in front of Right foot, straightening to the right (face right);
- (3) Replace weight (left) on Right foot (face right);
- (4) Left foot to side (face front);
- (1) Pause
- (2) Right foot crosses in front of Left foot, straightening to the left (face left);



- (3) Replace weight (right) on Left foot (face left);
- (4) Right foot to side (face front);

### **Spot Turns to Right then Left:**

- (1) Side step to right to begin (Pause);
- (2) Left foot crosses in front of Right foot, straightening to the right (face right);
- (3) Twist clockwise on balls of both feet (face left);
- (4) Left foot crosses in front of Right foot, straightening to the left (face front);
- (1) Pause
- (2) Right foot crosses in front of Left foot, straightening to the left (face left);
- (3) Twist anti-clockwise on balls of both feet (face right);
- (4) Right foot crosses in front of Left foot, straightening to the right (face front);

### **Some Intermediate Steps**

- Underhand spins to the left
- Hand-to-hand
- Peek-a-Boo
- Fan and Hockey Stick
- Link
- Rumba walks
- Sliding doors