

Friday Progressive Lesson Series



February 7, 14, 21, 28
Repetition Works!

The first version of Rumba originated in Africa then caught on in Cuba where it was considered a wedding dance at one time. Rumba was introduced in the United States about 1933.

It is in 4/4 time. The characteristic feature is to take each step without initially placing the weight on that step. Steps are made with a slightly bent knee, which, when straightened, causes the hips to sway from side to side in what has come to be known as "Cuban Motion" or "Latin Styling."

Because it is so much like Bolero, it is another favorite dance for Debbie Housand. She will introduce the basic steps and technique then add patterns to make it happen on the dance floor.

Rumba