

Rumba

Fast Facts:

A dance that tells the story of love and eroticism between a man and a woman.

The Rumba relies on the age-old premise of the lady trying to conquer the gentleman by means of her womanly charms. Incorporating all the elements of teasing and withdrawal, it is considered the most sensual of the Latin dances.

Distinctive moves:

The Rumba should portray romance and therefore have good interplay between the dancers.

In this dance the emphasis is on the body. Hip actions are produced by controlled transfer of weight from foot to foot.

Look out for figure-eight hip rolls - this is a hip roll where the hips alternate in a forward movement.

There are lots of slow stylish body shapes in the Rumba.

When it comes to the footwork, look for a straightening of legs, and swiveling action in the feet.

The walks should be strong and direct.

The body never stops changing its shape.

No heel leads - the dancers must not walk on the heels of their feet; they are on the balls of feet only.

Look out for the *Cucaracha* step - rock to the right or the left, then replace and close.

Look out for the *Fan position* - the woman goes on the man's left side at arms length and at 90 degrees to the man.

Rumba (Latin, Rhythm)

Rumba has a rich history — it started as both a family of music and a dance style that originated in Africa and came to the new world with the slave trade. As a result, rumba is highly polyrhythmic and very complex, and has spawned many different dance styles including salsa; African rumba, which emerged there in the 1950s; Gypsy rumba, popularized with the Spanish "Gypsy kings" in the 1990s; and the Cuban rumba, which was later imported to the States. This became the cabaret dance that flourished in America during prohibition. All of the styles, however, share similar movements that have a wonderfully sensual, rhythmic quality.

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