

Lesson Plan 7/5/2023 Beginning Rumba

What is Round Dancing? Round Dancing is Choreographed Ballroom Dancing. A cuer gives figure cues about a measure before dancers execute the figure, much like a square dance caller lets the dancers know what comes next. In freestyle ballroom, the man must listen to the music, decide on the next step to do and communicate to his partner through his lead. This is challenging, prompting many men to repeat the same 6 or so steps in patterns again and again. Round dancing is a godsend for the men because the choreography has already been done and the men and women simply learn the figures which are cued by the cuer. The result is a beautiful dance with many different steps (figures).

We will be teaching the figures and cues for those figures you need to round dance the Rumba. For example, if the cuer says “Full Basic” the dancers execute the Rumba Basic figure. DEMO

There are some conventions that need to be understood about the physical space we dance in.

For the Man (Leader):

Line of Dance (LOD) is the counterclockwise direction.

Reverse Line of Dance (RLOD) is the clockwise direction.

Wall is facing out from the center of the hall toward the wall.

Center is facing away from the wall.

For the woman (Follower): All the above are opposite for the woman.

There are four diagonal directions that we will learn along the way that are combinations of the above directions; such as [Show] **Diagonal Center** Line of Dance, **Diagonal Wall** Line of Dance, **Diagonal Wall Reverse** Line of Dance, and **Diagonal Center Reverse** line of dance.

Looking Circle: During instruction and demonstrations, students look to the instructors in the center with shorter partner in front. Talking should be limited to question to the instructors.

Feet: The Man's left foot is his lead foot and the right foot is the trail foot. The Woman's right foot is her lead foot and her left foot is her trail foot. A **Free** foot is ready to move and the weight is on the other foot.

Dance positions: Closed position, Semi Closed position, Open position, Banjo position, Sidecar position, Butterfly, Open Facing, Left Open Facing.

Dance positions are often given in cues to tell the dancer what position they need be in to start or finish a figure. This evening we will only be using Open, Butterfly, and Closed positions.

Demo: Closed position and Frame: Facing partner offset so the man's lead foot is to the left of the tip of woman's right foot. Man's LEFT arm should be held up with elbow bent. Gently hold the woman's hand just below her eye level. Man's RIGHT forearm is under the woman's arm with hand on woman's left shoulder blade, angled down. Woman's LEFT forearm and hand on top of the man's right arm, gently hold the bicep with thumb and middle finger, turn hand slightly outward from the wrist.

Demo Butterfly:

Domo Open:

Demo Semi:

To get started our first figure is **Forward Walk in Open Position**. Demo Quick, Quick, Slow. Left, Right, Left – Right, Left, Right. Rumba is a level dance where the upper body is relatively still and the lower body is where most of the action is. The hips sway as a result of changing weight on the feet. There are four beats in a Rumba musical measure. Steps are taken on the first two beats and one step on the last two beats (usually). Quick, Quick, Slow. Steps are taken with the feet close to the floor. Listen to the music Two Souls Rumba to identify the beginning of the measure and the first Quick.

Demo: **Forward Walk in Open** [Students in **Open** position face line of dance lead feet free (weight is on the trail foot) once around the hall to the music quick, quick, slow...

Demo: **Forward Walk in Semi** [Students in **Semi** position face line of dance lead feet free (weight is on the trail foot) once around the hall to the music quick, quick, slow...

Demo: **Forward Walk in Closed** [Students in **Closed** position face line of dance lead feet free (weight is on the trail foot) once around the hall to the music quick, quick, slow...

Demo: **Basic** Two measures [Students facing wall in **Butterfly** position face the wall with lead feet free. The first half a basic, the man rocks forward on his lead foot (left) and recovers and steps side, the lady rocks back with her lead foot (right) and recovers and steps Side. Quick Quick Slow. The second half of the basic, the man rocks back on his trail foot (left) and recovers and steps side, the lady rocks forward with her trail foot (right) and recovers and steps side. Quick Quick Slow.

Demo: Forward Basic and Back Basic – In a Slot without the side step.

Demo: Half a Basic first measure of a Basic [Students Face Wall in Closed position do a Half a Basic

Half a Basic may be coupled with other figures.

Demo: Trail foot free - Underarm Turn to Butterfly

Demo: Trail foot free - Underarm Turn to Closed

Demo: Lariat usually following Underarm Turn - Underarm Turn to a Lariat

Putting it together –

In butterfly facing the wall Half a Basic; Underarm Turn to Butterfly;

Half a Basic; Underarm Turn to Closed;

Half a Basic; Underarm Turn to a Lariat;;;

Demo: Cucaracha (singly and twice) Where you start depends on the free foot.

Half a Basic; Cucaracha; Basic;; Cucaracha twice;;