

Ballroom and Latin Beginners (online) - Rumba 001

Rumba

This is the forward and backward basics in Rumba. While the leader goes forward, the follower does the natural opposite and goes backward. When the leader goes backward, the follower comes forward.

There are four beats in the bar but we only move on three of them. We start on beat 2 with a step (forward or backward), we replace our weight on beat 3 and then we step to the side on beat 4. On beat 1, we don't move our feet, we wait.

Left Forward Basic

Step	Timing	Leader	Follower
1	2	LF forward	RF back
2	3	Transfer to RF	Transfer to LF
3	4,1	LF to side	RF to side

Right Back Basic

Step	Timing	Leader	Follower
1	2	RF back	LF forward
2	3	Transfer to LF	Transfer to RF
3	4,1	RF to side	LF to side