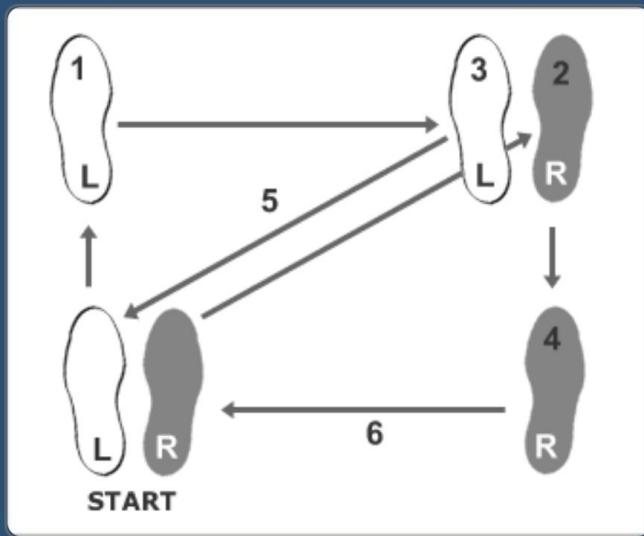


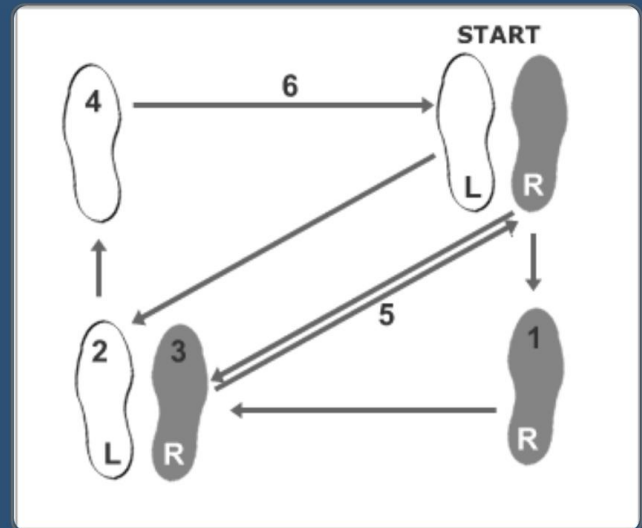
The Basic Dance Steps of the Rumba

The basic rhythm is 4/4 timing with four beats to each measure. The basic step is a very simple box step. It consists of three basic steps - two quick side steps and a slow forward or backward step. swaying your hips as you take each step.

The Gentlemen's Steps



The Lady's Steps



Basic Step

1. Step forward with your left foot
2. Sidestep to the right with your right foot
3. Move your left foot to your right foot
4. Step back with your right foot
5. Sidestep to the left with your left foot
6. Move your right foot to your left foot

Basic Step

1. Step back with your right foot
2. Sidestep to the left with your left foot
3. Move your right foot to your left foot
4. Step forward with your left foot
5. Sidestep to the right with your right foot
6. Move your left foot to your right foot

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