

# The American Rumba Box

Slow, quick, quick · the slow takes two beats (1-2), each quick takes one (3, then 4)

**Remember:** forward, side, together; back, side, together. On the second quick, close your feet and change weight. Keep every step small.

## Leader

| Count | Step  | Foot and direction                             |
|-------|-------|------------------------------------------------|
| Start | –     | Feet together, facing partner, weight on right |
| 1-2   | Slow  | Left foot forward                              |
| 3     | Quick | Right foot to the side                         |
| 4     | Quick | Left closes to right, change weight            |
| 1-2   | Slow  | Right foot back                                |
| 3     | Quick | Left foot to the side                          |
| 4     | Quick | Right closes to left, change weight            |

## Follower

| Count | Step  | Foot and direction                            |
|-------|-------|-----------------------------------------------|
| Start | –     | Feet together, facing partner, weight on left |
| 1-2   | Slow  | Right foot back                               |
| 3     | Quick | Left foot to the side                         |
| 4     | Quick | Right closes to left, change weight           |
| 1-2   | Slow  | Left foot forward                             |
| 3     | Quick | Right foot to the side                        |
| 4     | Quick | Left closes to right, change weight           |

## Your five-minute practice

- Minute 1:** watch Amy's box in the video (0:10) and say "slow, quick, quick" with it.
- Minutes 2-3:** dance your own part alone, saying "forward, side, together; back, side, together."
- Minute 4:** dance along with the slow practice track (100 beats per minute).
- Minute 5:** try the dance-tempo track (124 beats per minute). Go back to slow if it falls apart.

## Check yourself

- Did my slow last two full beats?
- Did I really change weight when my feet closed?
- Is my box small, so the quicks don't feel rushed?
- Did I start the slow on beat 1?

## When it feels easy

- Let the box rotate slightly counterclockwise, as Amy shows at 0:23.
- Watch the underarm turn (0:30) and fifth-position breaks (0:54) in Amy's video.
- Ask Amy about Cuban motion, the rumba's hip action.