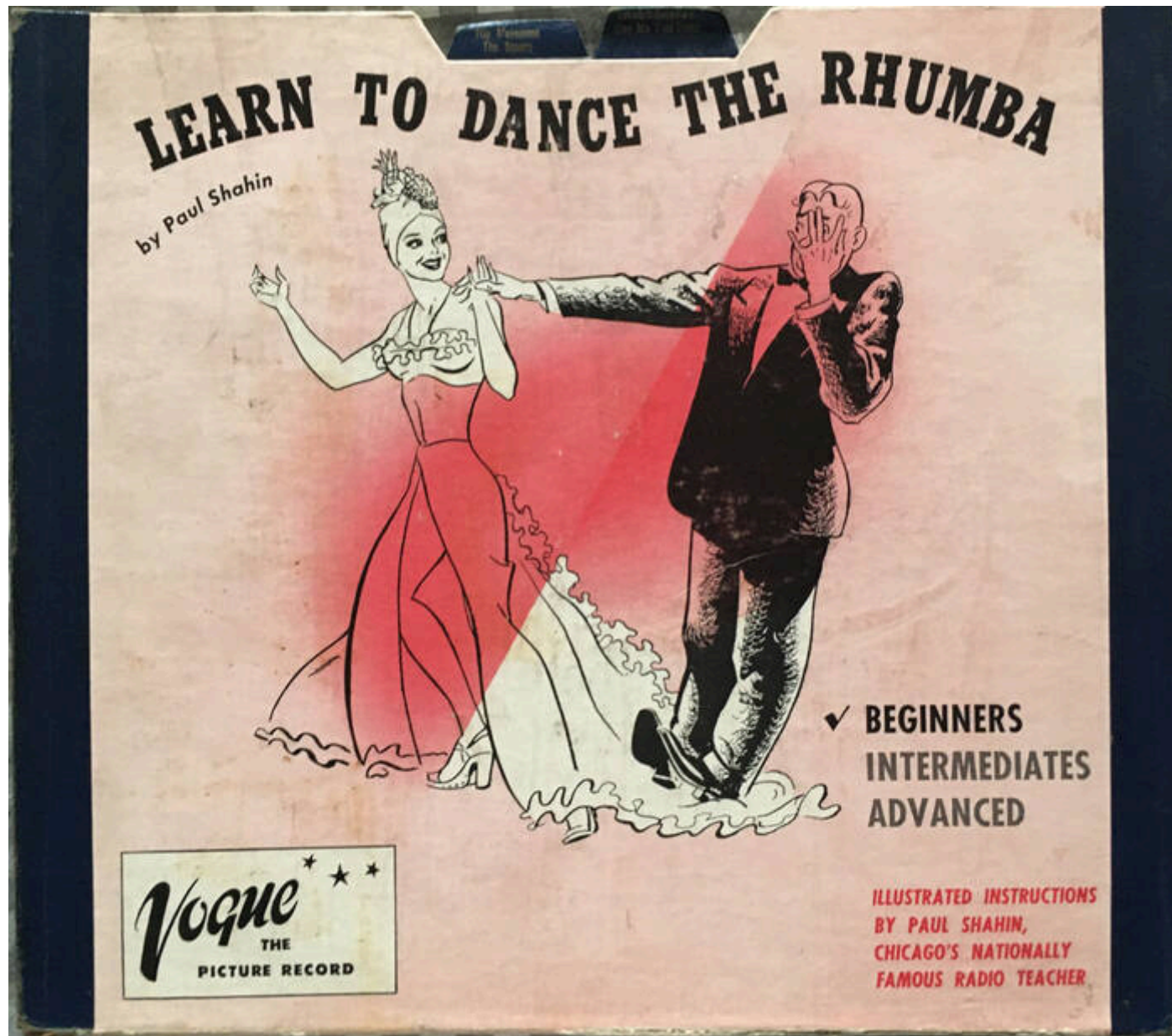


Apprenez à danser la Rumba

Méthode pour débutants par Paul SHAHIN. Un coffret de deux disques VOGUE 78rpm "The picture Record" et accessoires; USA, 1947. Cotes CEMJazz: obr-78t-deco-did1-1 et obr-78t-deco-did1-2.

I Commencez par bien lire les instructions



THE RHUMBA . . . Step by Step

Instructions by Paul Shahin, Chicago's Nationally Famous Radio Teacher

LESSON NUMBER ONE

The Rumba foundation is just plain walking—forward, backward and sideways . . . as in ALL ballroom dancing. The steps taken, however, are smaller, when going forward and backward varying from six to ten inches. The side steps should only be about 3 to 6 inches apart.



HIP MOVEMENT No. 1

The first thing to learn as the Rumba is the hip movement. This is done by standing with the feet together, toes together and landing one knee over in front of the other which is kept straight. The heels must be kept flat on the floor at all times. Move nothing but the knees. This will naturally give you the authentic hip movement. The count is 1, 2, 3, hold . . . 4, 5, 6, hold. The man bends the right knee on 1, and the lady the left knee on 1.



HIP MOVEMENT No. 2

After mastering the hip movement, work on the step itself by standing in one place and picking up each foot about 1/16 of an inch from the floor, stamping in place and maintaining the same count of 1, 2, 3 hold . . . 4, 5, 6 hold.



HIP MOVEMENT WITH PARTNER

There are three ways to practice the hip movement to acquire the authentic native style.

No. 1, with fingers locked behind the neck, shoulders well back, improves posture and poise.

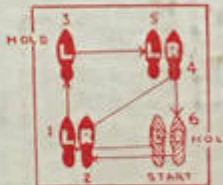
No. 2 teaches NATIVE style as well, the hazels moving right and left with the hips.

When practicing the hip movement with a partner, stand in Rumba position moving NOTHING but the knees. The man places his right hand on the lady's left side at the waist. Stand elbow length apart. Her left hand rests on his right shoulder very lightly. The lady places the first four fingers of her right hand between the thumb and first finger of the man's left hand. Elbows kept close and hands point upward.

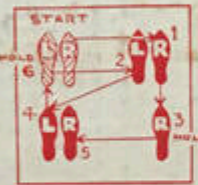


FORWARD AND BACKWARD STEP

After mastering the hip movement, practice stamping forward and backward, the man ALWAYS starting with the LEFT foot, and the lady ALWAYS with the right. Take six steps each way, changing the weight with EACH STEP and ALWAYS walk on two parallel lines. DO NOT SLIDE THE FOOT; stamp hard at first, then walk as though walking on glass. Later, let the legs relax and you will notice that they bend easily. Count softly: 1, 2, 3 hold . . . 4, 5, 6 hold, then to slow Rumba music.



Man



Lady

THE SQUARE

This is a pattern of the forward, backward and side steps and must be made a perfect SQUARE. It may be started by going either to the side or forward, however, the side step is easier to learn. The count is 1, 2, 3 hold . . . Side, close, forward. Then 4, 5, 6 hold . . . Side, close, backward. Lady's part is opposite. Do not bob up and down, be very smooth.

Paul Shahin, Chicago's nationally famous radio teacher has written an illustrated book, **DANCE AND GROW SLENDER, The South American Way**. At bookstores \$1.00. Blue Ribbon Books, Garden City, New York.



LEFT AND RIGHT SIDE STEP

This follows the Forward and Backward Step. Feet together. Man: Step the L foot about 3 inches to the side on 1—close R to side of L on 2 . . . step L to side again for third count and hold. On the count of 4 step the R foot about 3 inches to the R. Close L to the side of R on 5, step R to side again on 6 and hold. The count is 1, 2, 3, hold to the left, and 4, 5, 6, hold to the right.

Lady: The diagram is the same except that the step is begun with the R foot. Practice first without music, then to a slow rumba.



