

Rumba

With its origin in Cuba, this is a slow dance with a distinct and unique "slow-quick-quick" rhythm to sensuous Latin music. We use a box step as the basic and utilize some of the moves from the box Waltz. This dance is commonly used by brides and grooms for their first dance at their wedding because of its classic feel.

Of course, slow Latin songs such as *Bella Chitarra* by Andy Fortuna and *El Farol* by Santana work great for the Rumba. But this is such a versatile dance so it also works well with popular American songs like *Fields of Gold* by Sting, *Stay with Me* by Sam Smith, and the Drifter's *Stand By Me*.