

# Dance This Cumbia

64-count, 2-Wall, easy intermediate Cumbia\*<sup>1</sup> Rhythm Line Dance with 2 restarts\*<sup>3</sup> (after 32 cts on walls 3 & 6)

Choreographed by: **Ruben Luna**, May 2011, [www.n2linedance.net](http://www.n2linedance.net), [rsluna2@aol.com](mailto:rsluna2@aol.com)

Step Description: Provided by Debi Pancoast, [www.FootNotesByDeb.com](http://www.FootNotesByDeb.com), [info@footnotesbydeb.com](mailto:info@footnotesbydeb.com)

Choreographed to: **Baila Esta Cumbia by Selena**, available on iTunes and Amazon

Intro: 64 counts, start dancing on lyrics "Siento algo que me mueve..."

\*<sup>1</sup> Cumbia originated as a Colombian folk dance and has evolved into a variety of regional translations and interpretations (eg. Mexican Cumbia, Argentine Cumbia, Peruvian Cumbia, etc.). This line dance uses a Salsa based Cumbia rhythm, where you step on counts 1, 2, 3 and either hold or "flick-kick" on count 4, and in fact, the first step of this dance is called the "Cumbia" in Salsa as a tribute to the influence Colombia has had on Salsa. Steps should be small so there is lots of room for latin motion, raising the hip of the weighted leg with a straightened knee, and dropping the hip of the free leg with a bent knee, with each weight change. This gives you a "triple hip" motion for every 4 counts, though the optional "flick kick" on count 4 reduces some of that hip motion.

## 1-8 L "Cumbia" (Diagonal Back Break), R Cumbia

1 2 3 4 Step on ball of L foot behind R pivoting slightly to open body to front left diagonal [11:00]; Recover weight onto R; Step side L squaring body up to original wall [12:00]; Hold

5 6 7 8 Step on ball of R foot behind L pivoting slightly to open body to front right diagonal [1:00]; Recover weight onto L; Step side R squaring body up to original wall [12:00]; Hold

## 9-16 L Cumbia, R Cumbia with ¼ Turn Left

1 2 3 4 Step on ball of L foot behind R pivoting slightly to open body to front left diagonal [11:00]; Recover weight onto R; Step side L squaring body up to original wall [12:00]; Hold

5 6 7 8 Step on ball of R foot behind L pivoting slightly to open body to front right diagonal [1:00]; Recover weight onto L squaring up to original wall [12:00]; Turn ¼ left on ball of L and step side R [9:00]; Hold

## 17-24 L Cumbia with ¼ Turn Right, R Cumbia with ½ Turn Left

1 2 3 4 Step on ball of L foot behind R pivoting slightly to open body to front left diagonal [8:00]; Recover weight onto R; Turn ¼ right on ball of R and step side L [12:00]; Hold

5 6 7 8 Step on ball of R foot behind L pivoting slightly to open body to front right diagonal [1:00]; Recover weight onto L squaring up to original wall [12:00]; Turn ½ left on ball of L and step back R [6:00]; Hold

## 25-32\*<sup>3</sup> L Basic Back Break, R Basic Back Break

1 2 3 4 Rock back L; Recover weight forward on R; Step together L; Hold

5 6 7 8 Rock back R; Recover weight forward on L; Step together R; Hold

\*<sup>3</sup> **RESTART:** *On walls 3 and 6, this is where you would go back to the beginning of the dance and start again from count 1.*

## 33-40 L Side Mambo Hold, R Side Mambo Touch

1 2 3 4 Rock side L; Recover weight on R; Step together L; Hold

5 6 7 8 Rock side R; Recover weight on L; Touch together R; Hold

\*<sup>2</sup> **Variation:** *During walls 2, 5 and 7, there is a highlight in the music on counts 33-36 where you have the option to replace the L Side Mambo with a 1) Stomp L; 2) Stomp R; 3) Clap; 4) Clap; ending with weight on L, then proceed with your R Side Mambo Touch at count 37.*

## 41-48 Hip Circle Push Turn (x4)

1 2 Touch R forward pushing off ball of foot to rotate right hip from back to front (counter-clockwise) to make ¼ turn left [3:00]; Recover weight on L

3 4 5 6 7 8 Repeat 3 more times to make full turn total [12:00, 9:00, 6:00], weight ending on L

## 49-56 R Push Flick Side Step (x2), L Push Flick Side Step L (x2)

& 1 2 Step in place R; Push off ball of R foot and step side L opening body to front left diagonal [5:00] as you push R hip up and release R foot into low flick-kick to side; Step together R

3 4 Push off ball of R foot and step side L opening body to front left diagonal [5:00] as you push R hip up and release R foot into low flick-kick to side; Touch side R

5 6 Push off ball of L foot and step side R opening body to front right diagonal [7:00] as you push L hip up and release L foot into low flick-kick to side; Step together L

7 8 Push off ball of L foot and step side R opening body to front right diagonal [7:00] as you push L hip up and release L foot into low flick-kick to side; Touch side L

**Easy Option for counts 49-56:** *1) Step side L; 2) Step together R; 3) Step side L; 4) Touch side R; 5) Step side R; 6) Step together L; 7) Step side R; 8) Touch side L*

## 57-64 Side-Cross-Side, Side-Close-Side

1 2 3 4 Step side L; Step R across L; Step side L; Small low flick-kick R to front right diagonal [7:00]

5 6 7 8 Step side R; Step together L; Step side R; Small low flick-kick L to left front diagonal [5:00]

**Let those hips and arms move and have fun!!**