

## CUMBIA - PANAMA

Cumbia is a couple dance, popular in Panama as well as in Columbia. The following version is Panamanian as presented by the Panamanian Folkloric at Manhattan Community College in New York City, 1985.

The steps described can be danced to many Cumbia tunes.

Record: Roper XX517 Cumbia Papalito

Man with arms behind his back, starts with left foot.  
Lady with hands holding skirt, starts with Right foot.

Intro: 3 pick up notes

## PART I

8 traveling two steps; face to face and back to back  
8 single steps, facing partner, turning c.w. (on the spot)  
8 single steps, facing partner turning c.d.w.

Rpt. part I

## PART II

Zapateodo (counter beat) facing partner step-stamp 4x and step step

## PART III

Step, lift, step step, 4 cross over steps - (step side, lift, flare,  
step behind, step side)  
cross in front 4x  
The above figure is done 4x

## PART IV

Counter zapateodo traveling with 2 leaps lady towards man, man backing away  
Man towards lady, lady backing away  
Repeat the above 4x  
Do Part III (crossover) 4x  
Do part I one time:  
Join both hands with partner, carry arms out and round as turning c.w.  
(with single step)  
Continue to carry arms out & do part III just one time

Presented by Sally Ray at Maine Folk Dance Camp 1985

