

FOCUS

INTEGRATING LATIN BALLROOM FUNDAMENTALS (SPECIFICALLY CUBAN MOTION) INTO JAZZ-BASED ACROSS-THE-FLOOR PROGRESSIONS TO BUILD RHYTHM, GROUNDEDNESS, AND EXPRESSIVE CLARITY.

WHAT IS CUBAN MOTION?

A CHARACTERISTIC MOVEMENT OF THE HIPS IN LATIN DANCES (CHA CHA, RUMBA, SAMBA) CREATED BY A CONTROLLED BENDING AND STRAIGHTENING OF THE KNEES AND A NATURAL ROTATION OF THE HIPS AND TORSO.

CORE ELEMENTS

- **GROUNDED KNEES – ONE KNEE BENDS WHILE THE OTHER STRAIGHTENS.**
- **PELVIC ROTATION – SMOOTH HORIZONTAL HIP ROTATION.**
- **OPPOSITION – RIBS AND SHOULDERS COUNTER THE HIPS.**
- **FOOT PRESSURE – ARTICULATE THROUGH THE INSIDE EDGE OF THE FOOT.**

WHY IT WORKS IN JAZZ PROGRESSIONS

- 1. ADDS TEXTURAL CONTRAST TO SHARP JAZZ LINES.**
- 2. ENHANCES MUSICALITY WITH SYNCOPATION.**
- 3. BUILDS CORE AND PELVIC AWARENESS.**
- 4. CONNECTS STYLE AND INTENTION, GROUNDED YET EXPRESSIVE.**