

# LEARN CUMBIA WITH LADAMA

Est. Time: 45 minutes

Subjects: General Music, Physical Education, History/Social Studies, ELA

Age Range: Elementary

**[View the classroom lesson version](#)**

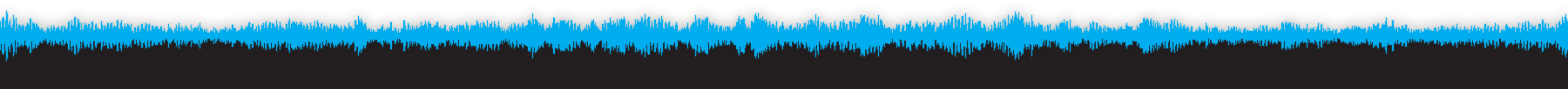
★ *TEACHROCK* ★





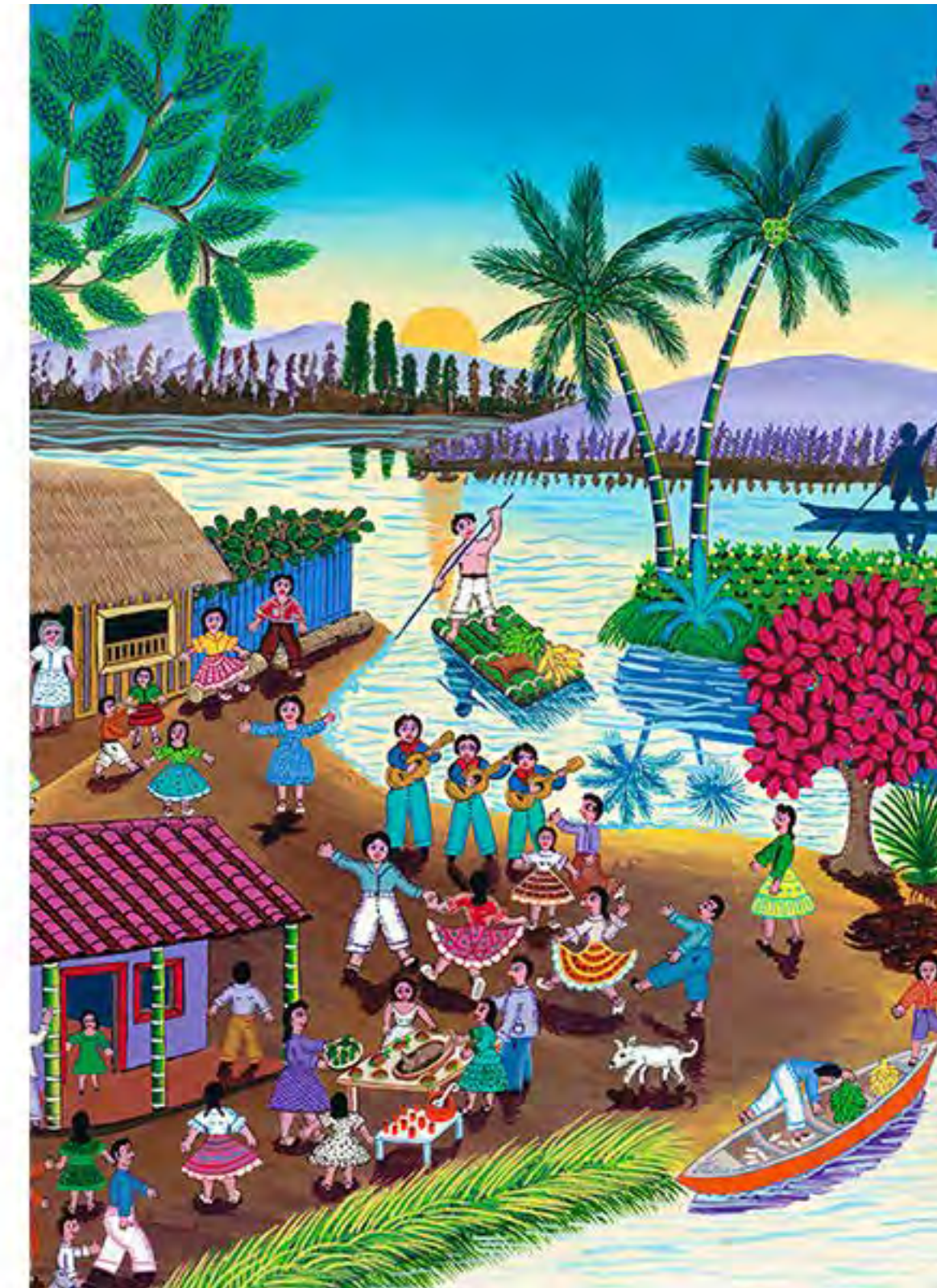
What is Cumbia, and how do you play its traditional rhythms?

In this lesson you will:

- Learn Cumbia, a folk dance that originated in Colombia
  - Understand the musical roots of Cumbia
  - Use your voice and body to sing and play percussion for Cumbia
  - See how oral traditions and dance bring people together to understand history and culture
- 



In Colombia, gathering together to play music and dance has been a way of celebrating culture and community for hundreds of years. On the Caribbean Coast of Columbia, Cumbia brings people together for music and dance. This painting by artist Hector Bustos is titled *Noche de Cumbia*.







## ASÍ SE BAILA LA CUMBIA

Watch [this video](#) from *Shock* magazine to learn about the historical roots of Cumbia.





Consider or talk with a friend:

- According to the video, why do people dance Cumbia?
- Where did Cumbia begin? Which groups brought Cumbia to life?
- Use five words to describe the music and dance that you saw in this video.

Next, you will learn to imitate the percussion instruments we hear in Cumbia. Please stand up and follow along as you watch **this video**.





Consider or talk with a friend:

- Was it easy to use your hands to play percussion?
- What other songs can you think of that use hand claps or other body percussion as rhythm tools?
- How does playing the music feel different than just listening to the music or watching a video?



Now it is time to learn to sing and dance Cumbia!

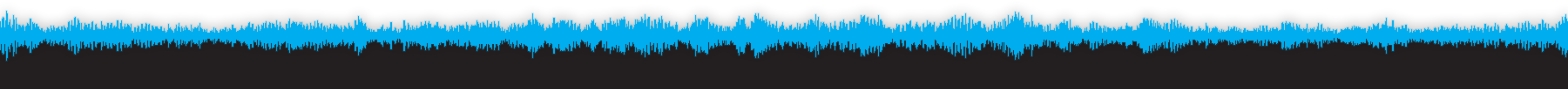
Stand up and get ready to move while you watch **this video**. You may want to pause and review the video as you are learning, or watch the video more than once.







Consider or talk with a friend:

- How did it feel to dance Cumbia?
  - Think about the movements in this dance, how do you think they developed and what story do you think they tell?
  - Did you enjoy singing along?
  - Was it a little tricky to sing and dance Cumbia at first? Did you find it got easier the more you practiced?
- 



Cumbia is the national dance of Columbia and has been performed professionally by many artists. It is also performed just for fun by people at parties and celebrations. Watch [this video](#) of LADAMA performing Cumbia, and dance along!







Consider or talk with a friend:

- How would you describe this video to a friend?
- Did you see some variations in the way that the people in the video danced Cumbia?
- Have you ever mixed your dance moves to create something a little different? How does being creative with your dance moves feel?



It has been said:  
“Dance is the joy of movement and the  
heart of life.”  
Do you agree or disagree with this  
statement?





# SUMMARY

- Cumbia is a beloved folk dance and is the national dance of Colombia
- The roots of Cumbia come from many cultures: African, Spanish, and Los Indigenas or First Nations Peoples
- We can use our voices and our bodies to sing and play percussion for Cumbia
- Learning about Cumbia and dancing together brings history and culture to life





# BE CREATIVE

- Create your own Cumbia video! Record yourself singing and dancing Cumbia. Ask a friend or family member to join you via an online video platform like Zoom or Google Meet.
- Use a **comic strip frame** to draw and explain the sequence of Cumbia dance moves.
- Write a short story using Cumbia as a centerpiece of the ideas you share.





# EXPLORE MORE!

Listen to these well-known Cumbia artists on your own:

- **Los Gaiteros de San Jacinto**
- **Pedro Ramayá Beltrán**
- **Lucho Bermúdez**
- **Ondatrópica**





# CONNECT

Share with us! Either you or an adult in your life can share a picture of your Cumbia Video, Cumbia Comic Strip, or Cumbia Story with TeachRock on **Instagram** or **Facebook**, email to **info@teachrock.org**, or Tweet it to **@TeachRock**







Visit us at [teachrock.org](https://teachrock.org) for hundreds of other free arts-rich resources for every age range and classroom.

Please check back to [teachrock.org/distancelearning](https://teachrock.org/distancelearning) frequently as we will update the material weekly!