

YOUR GUIDE TO
CUMBIA



Cumbia is a style of music that originated in Colombia. It's rooted in African, indigenous, and European musical styles and often includes instruments like drums, gaita flutes, maracas, and accordions.



What is Cumbia?

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Cumbia is identifiable with its distinct one-two-three beat. Though it began in Colombia, cumbia is widely popular across Latin America, and styles vary depending on region. For instance, Peruvian cumbia, or chicha, frequently uses psychedelic electric guitar, while a Mexican variation of cumbia employs a slower tempo and lots of accordion. Modern cumbia draws on various popular music styles, like hip-hop, and rock.

Cumbia is the amalgamation of many cultures. Indigenous people learned African drumming, African people learned indigenous flute, and Europeans learned dance and vocal styles. Ultimately, cumbia is a reflection of how intercultural and intergenerational connection is intensified through music.

For more resources on how traditional arts can heal Brooklyn communities, visit our site at brooklynartscouncil.org

Cumbia heals through togetherness. Take a minute to learn basic cumbia steps, by yourself or with a partner.

Healing with Cumbia

- Stand with both feet together. Listen for the one-two-three beat.
- On the beat, shift your right foot behind the left at an angle.



- Take a small step in place with your left foot.
- Move your right foot back to the starting position. Repeat the sequence on the other side, starting with your left foot.

- Let your hips move as you distribute your weight on your feet.
- Find someone else to dance with, whatever that looks like to you!



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In support of Brooklyn traditional communities, BAC lists

Local Mutual Aid

Bed-Stuy Strong:
bedstuystrong.com
Instagram: @bedstuystrong

Bushwick Ayuda Mutua:
bushwickayudamutua.com
Instagram: @bushwickayudamutua

Bedford Stuyvesant Preservation Coalition:
preservebedstuy.org
Instagram: @preservebedstuy

Crown Heights Mutual Aid:
crownheightsmutualaid.com
Instagram: @crownheightsaid

East Brooklyn Mutual Aid:
campsite.bio/eastbrooklynmutualaid
Instagram: eastbrooklynmutualaid

Volunteers are paired with neighbors who need help.



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Blogs, Podcasts and more, Online Now

EXPLORE + LEARN!



- A mix of live music, digital arts, and impactful community healing spaces open to all Brooklyn neighborhoods.
- The events will have a number of popular local musicians like Zane Rodulfo, Vong Pak, Samir Langus, Aeilushi Mistry, and Martin Vejarano.

WELLNESS FESTIVAL Coming in June 2022

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