

Ainda Bem (Rumba)

COPPER **KNOB**
BY SHEETS

Count: 32

Wand: 4

Ebene: Beginner - Rumba

Choreograf/in: Novi3NLD (INA) & Katarina Sherrina (INA) - November 2024

Musik: Ainda Bem (letra) - Marisa Monte



No Tag & No Restart

S1. CROSS - SIDE ROCK & SWAY - RECOVER & SWAY - HOLD, TURN ¼L. JAZZ BOX - HOLD

1234. Cross RF over LF, Rock LF to L & sway L hip, Recover onto RF & sway R hip, Hold

5678. Cross LF over RF, Turn ¼L. Step back on RF - Step LF to L - Hold (09.00)

S2. WALK FWD RL - TURN ¾R. SPIRAL- HOLD, FWD - ROCK SIDE - RECOVER - BACK

1234. Step RF fwd, Step LF fwd, Turn ¾R. Spiral, Hold (06.00)

5678. Step RF fwd, Rock LF to L, Recover on RF, Cross LF behind RF

S3. SIDE- BACK ROCK - RECOVER -HOLD, FORWARD - TURN ¼R. FWD, TURN ½R. BWD - HOLD

1234. Step RF to R, Rock back on LF, Recover on RF, Hold

5678. Step LF fwd, Turn ¼L. Step RF fwd, Turn ½R Step back on LF, Hold (03.00)

S4. REVERSE ROCKING CHAIR, SIDE - DRAG- POINT - DRAG

1234. Rock back on RF, Recover onto LF, Rock RF fwd, Hold

5678. Big Step LF to L, Drag RF next to RF, Point RF to R, Drag RF next to LF

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