

Vaiven

Count: 32

Wand: 4

Ebene: Improver rumba

Choreograf/in: David Cowley (IOM)

Musik: Vaivén - Chayanne



REVERSE RUMBA BASICS

- 1-2 Slide left foot to left side, touch right foot beside left
- 3-4 Rock forward on to right foot, rock back on to left foot
- 5-6 Slide right foot to right side, touch left foot beside right
- 7-8 Rock back on to left foot, rock forward on to right foot

MAMBO BASICS

- 9-10 Rock forward on to left foot, recover on to right foot
- 11-12 Step left foot together with right, hold
- 13-14 Rock back on to right foot, rock, recover on to left foot
- 14-16 Step right foot together with left, hold

FULL TURN COMBINATION (MAMBO TURN & ROCK TURN)

- 17-18 Step left foot forward, pivot $\frac{1}{2}$ turn right on to right foot
- 19-20 Step left foot forward, hold
- 21-22 Rock forward on to right foot, recover on to left foot
- 23-24 Pivot $\frac{1}{2}$ turn right on to right foot

$\frac{1}{4}$ TURN ROCK & CROSS & CROSS, HOLD, CROSS, HOLD

- 25-26 Rock forward on to left foot, $\frac{1}{4}$ turn right on to right foot
- 27-28 Cross left foot over right, step right small step to right side
- 29-30 Cross left foot over right, hold
- 31-32 Cross right foot over left, hold

REPEAT
