

Tenderheart Rumba

Compte: 56

Mur: 2

Niveau: Intermediate

Chorégraphe: Abby Mina (CAN) & Kip Lo (CAN)

Musique: Tender Heart - Lionel Richie



Lionel starts singing with the word "every" on count 1. Start dancing on count 2

BASICS BACK AND FORWARD (BASIC MOVEMENT)

- 2-3-4-1 Right foot step back, return weight to left foot, right foot step to right side, hold
2-3-4-1 Left foot step forward, return weight to right foot, left foot steps to the side and slightly back, hold

CROSSOVER BREAKS LEFT AND RIGHT (NEW YORKERS)

- 2-3-4-1 Turn body $\frac{1}{4}$ turn to left and step right foot forward (9:00), return weight to left foot, turn body $\frac{1}{4}$ to right and step right foot to right side (12:00), hold
2-3-4-1 Turn body $\frac{1}{4}$ turn to right, step left foot forward (3:00), return weight to right foot, turn body $\frac{1}{4}$ to left and step left foot to left side (12:00), hold

BACK ROCK, STEP, $\frac{1}{2}$ TURN TO RIGHT, SIDE ROCK, STEP (PART OF THREE THREE'S)

- 2-3-4-1 Right foot step back, return weight to left foot, right foot step forward, hold
& Turn $\frac{1}{2}$ turn to right on right foot (6:00)
2-3-4-1 Step left foot to left side, return weight to right foot, step left foot next to right foot, hold

DIAGONAL ROCK, 1 FULL TURN TO LEFT, SITTING PRESS LINE CHECKED (PART OF SLIDING DOOR)

- 2-3 Step right foot diagonally back to right side, return weight back to left foot
& Turn a full turn to the left on left foot (6:00)
4-1 Step right foot next to left foot, hold
2& Step forward on left foot (split weight, sitting checked), do a small hip rotation on left hip
3& Return weight back to right foot, do a small hip rotation on right hip
4-1 Step left foot next to right foot, return weight to left foot (returning back to normal standing position)

BACK ROCK, STEP, SPIRAL TURN, STEP, TURN, TOUCH

- 2-3-4-1 Step back with right foot, return weight onto left foot, step right foot forward, hold
& Full spiral turn left
2-3-4-1 Step left foot forward, step right foot forward and turn $\frac{1}{2}$ turn to right, touch left foot next to right foot, hold

ALTERNATING KNEE BENDS, SWEEP FRONT TO BACK

- 2-3-4-1 Bend left knee, straighten left and bend right knee, straighten right and bend left knee, return weight to left foot

As you straighten the knees on the '&' counts between the knee bends, use a figure 8 Cuban hip motion

- 2-3-4-1 Step right foot to right side, cross step left foot behind right foot, rondé front-to-back, step right foot down

SIDE ROCKS LEFT AND RIGHT, WALK, WALK, TURN, BACK

- 2-3 Step left foot to left side, return weight to right foot
& Step left foot next to right foot
4-1 Step right foot to right side, transfer weight to right foot
2-3 Step left foot forward, step right foot forward
& Turn $\frac{1}{2}$ turn to left
4-1 Step left foot back, hold

REPEAT

International rumba styling is preferred, where the weight is transfer on each step, on the 3rd beat you hold position and that takes the full 2 counts
