

# La Historia De Un Amor

COPPERKNOB  
STEPSHEETS

拍数: 80      墙数: 1      级数: Phrased Advanced Cuban Rumba  
编舞者: Anthony Kusanagi (INA) - March 2021  
音乐: Historia De Un Amor - Laura Fygi



## PATTERN: A A B - A A B - A B(1-16)

Start dancing after count 34 since the very start of the guitar played. Or start dancing on the word "La.." of the very first "Ya No Estas Mas a Mi Lado..." vocal (as count 1).

### PART A: 32 Counts

#### I. HOLD - BACKWARD MAMBO - FORWARD MAMBO

1                    hold(1)  
2-3                R step backward(2), recover to L(3)  
4-5                R step forward(4), hold(5)  
6-7                L step forward(6), recover to R(7)  
8-1                L step backward(8), hold(1)

#### II. OPEN HIP TWIST INTO FAN POSITION

2-3                R step backward(2), recover to L(3)  
4-5                R step forward(4), hold(5)  
6-7                turn 1/8 to right(01.30) then walk forward on L(6), R(7)  
8-1                turn 1/2 to left (07.30) then L step backward(8), hold(1)

#### III. ALEMANA

&2-3              R drag next to L on toe(&), step on R with hip action(2), L step forward(3)  
4-5                R step forward(4), hold(5)  
6-7                turn 1/2 to right (01.30) then L step forward(6), turn 1/2 to right (07.30) then R step forward(7)  
8-1                turn 3/8 to right (12.00) then L step to left side(8), hold(1)

#### IV. HAND TO HAND END WITH 3/4 TURN SPIRAL - FORWARD WALK TURN

2-3                turn 1/4 to right (03.00) then R step backward(2), recover to L(3)  
4-5                R step forward(4), turn 3/4 to left(06.00) while L touch slightly forward on toe(5)  
6-7                walk forward on L(6), R(7)  
8                    turn 1/2 to left (12.00) then L step backward(8)

### PART B: 48 Counts

#### I. HOLD - RUMBA BOX

1                    hold(1)  
2-3                R step to right side(2), L step next to R(3)  
4-5                R step forward(4), hold(5)  
6-7                L step to left side(6), R step next to L(7)  
8-1                L step backward(8), hold(1)

#### II. OVER-TURNED - CHAINNE TURN - CUCARACHA

2-3                R step backward(2), turn 1/2 to left (06.00) then L step backward(3)  
4&5                turn 1/2 to right (12.00) then R step forward(4), turn 1/2 to right (06.00) then L step backward(&), turn 1/2 to right (12.00) then R step forward(5)  
6-8                L step slightly to left side(6), recover to R(7), L(8)  
1                    hold(1)

#### III. THE THREE THREES (PART I)

2-3                R step backward(2), recover to L(3)  
4-5                R step forward(4), turn 1/2 to right (06.00) then L touch to left side(5)

6-7 L step next to R(6), R step next to L(7)  
8&1 L step to left side(8), full turn to left then R step next to L(&), L step to left side(1)

#### **IV. THE THREE THREES (PART II)**

2-3 R step backward(2), recover to L(3)  
4-5 R step forward(4), turn ½ to right (12.00) then L touch to left side on toe(5)  
6-7 turn 1/8 to right (01.30) then L step forward(6), turn ½ to right (07.30) then R step forward(7)  
8-1 turn ¼ to right (10 30) then L step forward(8), hold(1)

#### **V. TURN 5/8 TO RIGHT - MODIFIED SLIDING DOOR WITH TIME-DELAYED**

2-3& turn 5/8 to right (06.00) then R step backward(2), hold(3), recover to L(&)  
4-5 turn ¼ to left (03.00) then R touch forward(4), hold(5)  
&6-7 R step forward(&), turn ¼ to right (06.00) then L step to left side(6), recover to R(7)  
8-1 L step backward(8), hold(1)

#### **VI. MODIFIED BACKWARD MAMBO WITH FULL TURN SPIRAL - THREE STEPS TURN - HALF TURN TO LEFT - BACKWARD STEP**

2-3 R step backward(2), recover to L(3)  
4&5 R step forward(4), full turn to left while L crossed in front of R on toe(&), hold(5)  
6& L step forward(6), full turn to left then R step next to L(&)  
7&8 L step forward(7), turn ½ to left (12.00) then R step next to L(&), L step backward(8)

#### **ENJOY THE DANCE**

For more information, please contact me on:  
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