

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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