

Rumba Heat

拍数: 32 墙数: 4 级数: Improver international rumba
编舞者: Sho Botham (UK)
音乐: Missing You - The Mavericks



RUMBA BASICS AND SIDE ROCKS

- 1 Step back on right foot
- 2 Step left foot in place (or slightly back)
- 3 Step right foot forward
- 4 Hold and sway hip to right*
- 5-7 Step left foot next to right foot and rock weight onto left-right-left with hip sways
- 8 Hold and complete hip sway to left*
- 9 Step back on right foot
- 10 Step left foot in place (or slightly back)
- 11 Step right foot forward
- 12 Hold and sway hip to right*

None of the "spare" counts are actually "holds." They are really follow-throughs, with hip action, of the previous step -- although the step occurs on "count 3" the movement in effect finishes at the end of count 4. In other words, the whole dance should have smooth continuity rather than stopping and starting.

HALF TURNS

- 1-2 Basketball or pivot turn with left foot lead (turning right), step right
- 3-4 Step left foot forward, hold and sway hip to left* (see above)
- 5-6 Basketball or pivot turn with right foot lead (turning left), step left
- 7-8 Step right foot forward, hold and sway hip to right* (see above)

SIDE STEPS AND ¼ TURN

- 1 Step left foot to left side
- 2 Slide right foot toward left foot
- 3 Rock back on right foot
- 4 Step left foot in place (recover)
- 5 Step right foot to right side
- 6 Slide left foot toward right foot
- 7 Rock back on left foot
- 8 Step right foot in place (recover)
- 9 Step left foot across right foot** (see below)
- 10 Turn ¼ to left on left foot and step back on right foot
- 11 Step back on left foot
- 12 Hold and sway hip to left* (see above)

The crossover on step 9 tends to flow better if the dancer allows the body to follow the foot (face the right corner).

REPEAT
