

# Tenderheart Rumba

COPPER KNOB  
BY STEPHENETS

拍数: 56      墙数: 2      级数: Intermediate  
编舞者: Abby Mina (CAN) & Kip Lo (CAN)  
音乐: 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

---