

High-Tide Rumba (L/P)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Improver line/partner dance
编舞者: Todd Lescarbeau (USA)
音乐: The Tide Is High - Blondie



RUMBA BOX

1-2 Step left foot forward, step to side on right foot
3&4 Triple step in place (left, right, left) making sure to move hips with steps
5-6 Step back on right foot, step to side on left foot
7&8 Triple step in place (right, left, right) making sure to move hips with steps

ROCK STEP, TRIPLE STEP WITH ½ TURN TO THE LEFT, ROCK STEP, COASTER STEP

1-2 Rock forward onto left foot, rock back on right (starting a ½ turn to the left)
3&4 Continue to turn to the left while executing a triple step (left, right, left)
5-6 Rock forward onto right foot, rock back on left (no turn)
7&8 Step back on right, quickly step left next to right, step right forward

½ PIVOT TURN TO THE RIGHT, ¼ PIVOT TURN TO THE RIGHT, BALL-CROSSES, KICK

1-2 Step forward on ball of left foot, turn ½ to the right (weight on right.)
3-4 Step forward on ball of left foot, turn ¼ to the right (weight on right.)
5&6& Step ball of left foot over right, quickly step right foot to side, step ball of left foot over right
 quickly step right foot to side
7-8 Step ball of left foot over right, turning to face 45 degrees left, kick back with right foot

BALL-CROSSES, KICK BACK, CROSS, KICK, CROSS, UNWIND

When doing the ball-crosses your body will be angled (45 degrees)

1&2& Step ball of right foot over left, quickly step left to side, step ball of right foot over left, quickly
 step left to side
3-4 Step ball of right foot over left, turning to face 45 degrees right back with left foot
5-6 Step on left foot crossing in front of right, kick right foot to side
7-8 Cross right foot over left, unwind (to the left) transfer weight to right foot

For styling, on count 8, flip foot back while nodding head back. Some choreographers refer to this as a "calypso" walk

REPEAT

PARTNER DESCRIPTION

Dancers will follow the same footwork as if they were dancing it as a line dance. Dancers should start in a "tandem" position with the gentleman in front of the lady, Hands are joined at the man's waist. This is a fixed pattern stationary dance and therefore would be danced within the center of the floor (depending on what etiquette you follow) as opposed to a progressive dance that follows Line Of Dance (LOD)

When executing the ½ turn to the left (beats 9,10) gent will release his right hand and raise his left hand up and over his partner's head (you should now be in a tandem style position with the lady now in front of the gent)

For beats 17, 18, raise right hands up while turning ½ to the right. On ¼ turn to the right, gent will bring right hand down behind his partner's head rejoining left hands (you should now be in right side-by-side or "sweetheart's position" with gent slightly behind his partner. Both dancers will face 45 degrees to right going into the ball- cross steps

The ball-cross steps are similar to the "samba chasse". Stepping on the ball for the whole beat, quickly stepping to the side with the other foot

For count 29, drop right hands and raise left hands up. On count 30 when unwinding, bring left hand down at waist level, rejoining right hands (dancers should now be back in starting position).

