

Basic Rumba

拍数: 64
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音乐: La Playa - Miriam Jurado

墙数: 1

级数: Improver international rumba



BASIC RUMBA STEP

- 1-4 Step left to side, step right behind left, step left in place, touch right to side
5-8 Change weight to the right foot, step left forward, step right in place, touch left to side

BASIC RUMBA STEP, TURN ¼ RIGHT AND ROCK STEP("NEW YORK"), TURN ¼ LEFT, PRESS SIDE

- 9-12 Change weight to the left foot, step right back, left in place, touch right to side
13-16 Change weight to the right foot and turn ¼ right, rock left forward, step right in place, turn with the right foot ¼ left and touch left to side

TURN ¼ LEFT AND ROCK STEP("NEW YORK"), TURN ¼ RIGHT, PRESS SIDE, BASIC RUMBA STEP

- 17-20 Change weight to the left foot and turn ¼ left, rock right forward, step left in place, turn ¼ right with left foot, touch right to side
21-24 Change weight to the right foot, rock left forward, step right in place, touch left to side
25-28 Change weight to the left foot, rock right back, step left in place, touch right to side

CURVING WALKS TURNING 360 IN PLACE TO RIGHT(RIGHT SPOT TURN), LEFT SPOT TURN

- 29-32 Change weight to the right foot and turn ¼ right, step left forward and turn ½ to right, step right forward and turn ¼ right, touch left to side
33-36 Change weight to the left foot and turn ¼ to left, step right forward and turn ½ to left, step left forward and turn ¼ to left, touch right to side

BASIC RUMBA STEP

- 37-40 Change weight to the right foot, rock left forward, step right in place, touch left to side
41-44 Change weight to the left foot, rock right back, step left in place, touch right to side

ROLLING 360 RIGHT, CROSS ROCK, RECOVER, BACK ROCK IN 5TH POSITION, RECOVER, PRESS SIDE

- 45-48 Turn around to right with 3 steps moving on right, step left across right
49-52 Change weight back to the right foot, cross left behind right to the 5th position, change weight back to the right foot, touch left to side

ROLLING 360 LEFT, CROSS ROCK, RECOVER, BACK ROCK IN 5TH POSITION, RECOVER, PRESS SIDE

- 53-56 Turn around to left with 3 steps moving on left, step right across left
57-60 Change weight back to the left foot, cross right behind left in 5th position, change weight to the left foot, touch right to side

BASIC RUMBA STEP

- 61-64 Change weight to the right foot, rock left forward, step right in place, touch left to side

REPEAT

In rolling 360 right spread your hands to side and let the hands follow the rocking foot, also in rolling 360 left do the same thing, in the New York move raise hand to side: when turning left, raise your left hand to side, when turning right, raise your right hand to side