

Baila La Rumba

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Val Hurt (UK)
音乐: Baila La Rumba - MDO



RIGHT SIDE ROCK, RIGHT CROSS SHUFFLE, LEFT SIDE ROCK, LEFT CROSS SHUFFLE

1-2 Rock right to right side, recover weight on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover weight on right
7&8 Cross left over right, step right to right side, cross left over right

TOE SWITCHES, HEEL SWITCHES, & FORWARD ROCK, RIGHT SHUFFLE ½ TURN RIGHT

1&2 Touch right toe to right side, step right beside left, touch left toe to left side
&3 Step left beside right, tap right heel forward
&4 Step right beside left, tap left heel forward
&5-6 Step left beside right, rock forward on right, recover weight on left
7&8 Right shuffle turning ½ turn right stepping right, left, right, (facing 6:00)

STEP, PIVOT ¼ TURN RIGHT, LEFT CROSS SHUFFLE, 2 X ¼ TURNS LEFT, SYNCOPATED ROCK

1-2 Step forward on left, pivot ¼ turn right, (facing 9:00)
3&4 Cross left over right, step right to right side, cross left over right
5-6 Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side
7&8 Cross rock right over left, recover weight on left, step right to right side, (facing 3:00)

CROSS, POINT, CROSS, POINT, LEFT SAILOR, RIGHT SAILOR ¼ TURN RIGHT

1-2 Cross left over right, point right to right side
3-4 Cross right over left, point left to left side
5&6 Sweep left behind right, step right next to left, step left to left side
7&8 Sweep right behind left making ¼ turn right, step left next to right, step right to right side

LEFT SHUFFLE FORWARD, STEP, PIVOT ½ TURN LEFT, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT

1&2 Left shuffle forward stepping left, right, left, (facing 6:00)
3-4 Step forward on right, pivot ½ turn left
5&6 Right shuffle forward stepping right, left, right, (facing 12:00)
7-8 Turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right

LEFT SHUFFLE FORWARD, STEP, PIVOT ¾ TURN LEFT, BEHIND, SIDE, CROSS, SIDE MAMBO & TOUCH

1&2 Left shuffle forward stepping left, right, left
3&4 Step forward on right, pivot ½ turn left, turn ¼ turn left stepping right to right side
5&6 Cross left behind right, step right to right side, cross left over right
7&8 Rock right to right side, recover weight on left, touch right beside left, (facing 3:00)

REPEAT