

# Abelarumba

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Chris Hodgson (UK)  
音乐: A Place In My Heart - Liz Abella



## SIDE RIGHT-HOLD, CHASSE LEFT, SIDE RIGHT-HOLD, STEP-ROCK-FORWARD

1-2            Step right to right side, hold position for one count  
3&4           Step left to left side, step right next to left, step left to left side  
5-6           Step right to right side, hold position for one count  
7&8           Step back on left, rock weight forward onto right, step forward on left

## ¼ LEFT STEP FORWARD-HOLD, STEP-ROCK-BACK, BACK-HOLD, STEP-ROCK-FORWARD

&1-2          On ball of left make ¼ turn left slightly lifting up right knee, step forward on right, hold position  
3&4           Step forward on left, rock back onto right, step back on left  
5-6           Step back on right, hold position for one count  
7&8           Step back on left, rock forward onto right, step forward on left

## SIDE RIGHT-HOLD, CHASSE ¼ TURN LEFT, STEP-½ TURN, SHUFFLE

1-2            Step right to right side, hold position for one count  
3&4           Step left to left side, step right next to left, step left ¼ turn left  
5-6           Step forward on right, pivot ½ turn left  
7&8           Step forward on right, lock left behind right, step forward on right

## CROSS-UNWIND ¾ RIGHT, SIDE-SLIDE, FORWARD-HOLD, ¼ TURN LEFT-HOLD

1-2            Cross left over right, unwind ¾ turn right (weight ends on right)  
3-4            Step left to left side, slide right next to left (no weight)  
5-6            Step forward on right, hold position for one count  
7-8            Step left ¼ turn left, hold position for one count

## SIDE-HOLD, HIP SWAYS, CROSS-UNWIND ¾ LEFT, SHUFFLE FORWARD

1-2            Step right to right side, hold position for one count  
3&4            Sway hips left, sway hips right, sway hips left  
5-6            Cross right over in front of left, unwind ¾ turn left (weight ends on left)  
7&8            Step forward on right, lock left behind right, step forward on right

## FORWARD-HOLD, HIP BUMPS, ¼ LEFT-HOLD, SIDE-CROSS-SIDE (MOVING TO THE RIGHT)

1-2            Step forward on left, hold position for one count  
3&4            Bump hips back, bump hips forward, bump hips back (weight ends on right)  
5-6            Step left to left side as you turn ¼ left on ball of right, hold position for one count  
7&8            Step right to right side, cross left over in front of right, step right to right side

## SIDE-TOGETHER, SHUFFLE FORWARD, SIDE-TOGETHER, SHUFFLE BACK

1-2            Step left to left side, step right next to left  
3&4            Step forward on left, step right behind left, step forward on left  
5-6            Step right to right side, step left next to right  
7&8            Step back on right, step left next to right, step back on right

## SIDE-SLIDE TWICE, BACK-SLIDE, AND CROSS

1-2            Step left to left side, slide right toe next to left (no weight)  
3-4            Step right to right side, slide left toe next to right (no weight)  
5-6-7          Step diagonal. Back left on left, slide right next to left over 2 counts (no weight)

&8

Step right in place, cross step left over in front of right

**REPEAT**

---