

Rumba LDIB-5

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 4 級數: Improver
編舞者: Lusiana Maemunah (INA) - December 2015
音樂: Halo - Beyoncé



Intro 16 Count - No Tag, No Restart

S1: BACK ROCK, RECOVER, CROSS OVER, HOLD, SIDE ROCK, RECOVER, BACKWARD, HOLD

1-4 Rock R back, Recover on L, Cross R over L, Hold
5-8 Rock L to side, Recover on R, Step L back, Hold

S2: BACK ROCK, RECOVER, FORWARD, ½ RIGHT SWEEP, TOUCH, HIP BUMPS (L-R-L), HOLD

1-4 Rock R back, Recover L, Step R forward, Turn ½ R sweeping L from back to front touch L beside R
5-8 Hip Bumps L-R-L, Hold

S3: SIDE ROCK, RECOVER, NEXT, HOLD, ¼ LEFT FORWARD, PIVOT ½ LEFT, BACKWARD, HOLD

1-4 Rock R to side, Recover on L, Step R next to L, Hold
5-8 Turn ¼ L step L forward, Step R forward turn ½ L on R, Step L back, Hold

S4: NEXT, FORWARD, FORWARD, SIDE TOUCH, CROSS OVER, HOLD, RECOVER, ¼ LEFT FORWARD

1-4 Step R next to L, Step L forward, Step R forward, Turn ¼ R touch L outside L
5-8 Cross L over R bend R knee, Hold, Recover on R, Turn ¼ L Step L forward

S5: FORWARD, ½ LEFT, ½ LEFT, HOLD, ¼ LEFT, RECOVER, FORWARD, ½ RIGHT

1-4 Step R forward, Turn ½ L step L to side, Turn ½ L Step R to side, Hold
5-8 Turn ¼ L Rock L back, Recover on R, Step L forward, Turn ½ R on R

S6: BACKWARD ROCK, RECOVER, FORWARD, ½ LEFT, BACKWARD ROCK, RECOVER, NEXT, SIDE, HOLD

1-4 Rock R back, Recover on L, Step R forward, Turn ½ L on R
5-8 Rock L back, Recover R, Step L forward, Hold

S7: FORWARD, FORWARD, FORWARD, HOLD, ¼ RIGHT, NEXT, SIDE, HOLD

1-4 Step R forward, Step L forward, Step R forward, Hold
5-8 Turn ¼ R step L to side, Step R next to L, Step L to side, Hold

S8: SWAY (R-L-R), ½ RIGHT SWEEP, BESIDE

1-4 Sway R-L-R, Turn ½ R on R sweeping L from back to front step L beside R

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