

Lovely Rumba Basic

COPPERKNOB
STEPSHEETS

拍數: 192 牆數: 1 級數: Any Level Rumba
編舞者: Sunny Jeong (KOR) & Ha-Young Choi (KOR) - July 2016
音樂: A Word from the Flower to the Wind (꽃이 바람에게 전하는 말) - Kang-Soo Park (박강수)



Intro: 16 counts, [Work: 192, Bridge: 32, Ending: 14]

[INTRO]

SECTION 1: START WITH FEET APART, WEIGHT CHANGE, HOLD

1-2 Place weight on R, hold
3-4 Transfer weight to L, hold
5-6 Transfer weight to R, hold
7-8 Transfer weight to L, hold

SECTION 2: WEIGHT CHANGE, HOLD, TOUCH TOE TOGETHER

1-2 Transfer weight to R, hold
3-4 Transfer weight to L, hold
5-6 Transfer weight to R, hold
7-8 Transfer weight to L, touch R together

[WORK] 192 COUNTS

SECTION 1: STEP SIDE, HOLD, STEP TOGETHER, HOLD

1-2 Step R side, hold
3-4 Step L together, hold
5-6 Step R side, hold
7-8 Step L together (weight on L), hold

SECTION 2: STEP SIDE, HOLD, STEP TOGETHER, HOLD, TOUCH TOE TOGETHER, HOLD

1-2 Step R side, hold
3-4 Step L together, hold
5-6 Step R side, hold
7-8 Touch L together, hold

SECTION 3: STEP SIDE, HOLD, STEP TOGETHER, HOLD

1-2 Step L side, hold
3-4 Step R together, hold
5-6 Step L side, hold
7-8 Step R together (weight on R), hold

SECTION 4: STEP SIDE, HOLD, STEP TOGETHER, HOLD, TOUCH TOE TOGETHER, HOLD

1-2 Step L side, hold
3-4 Step R together, hold
5-6 Step L side, hold
7-8 Touch R together, hold

SECTION 5-8: REPEAT SECTIONS 1-4

SECTION 9: STEP FORWARD, HOLD, STEP RECOVER

1-2 Step R forward, hold
3-4 Step L forward, hold
5-6 Step R forward, hold
7-8 Rock L forward, recover to R

SECTION 10: STEP BACK, HOLD, STEP RECOVER

- 1-2 Step L back, hold
- 3-4 Step R back, hold
- 5-6 Step L back, hold
- 7-8 Rock R back, recover to L

SECTION 11-12: REPEAT SECTION 9-10

SECTION 13: STEP WEAVE, HOLD

- 1-2 Step R side, hold
- 3-4 Cross L behind R, hold
- 5-6 Step R side, hold
- 7-8 Cross L over R, hold

SECTION 14: STEP WEAVE, HOLD, TOUCH TOE TOGETHER, HOLD

- 1-2 Step R side, hold
- 3-4 Cross L behind R, hold
- 5-6 Step R side, hold
- 7-8 Touch L together, hold

SECTION 15: STEP WEAVE, HOLD

- 1-2 Step L side, hold
- 3-4 Cross R behind L, hold
- 5-6 Step L side, hold
- 7-8 Cross R over L, hold

SECTION 16: STEP WEAVE, HOLD, TOUCH TOE TOGETHER, HOLD

- 1-2 Step L side, hold
- 3-4 Cross R behind L, hold
- 5-6 Step L side, hold
- 7-8 Touch R together, hold

[BRIDGE] 32 COUNTS

SECTION B1: STEP SIDE, HOLD, WEIGHT CHANGE, HOLD

- 1-2 Step R side, hold
- 3-4 Transfer weight to L, hold
- 5-6 Transfer weight to R, hold
- 7-8 Transfer weight to L, hold

SECTION B2: WEIGHT CHANGE, HOLD

- 1-2 Transfer weight to R, hold
- 3-4 Transfer weight to L, hold
- 5-6 Transfer weight to R, hold
- 7-8 Transfer weight to L, hold

SECTION B3: REPEAT SECTION 2

SECTION B4: WEIGHT CHANGE, HOLD, TOUCH TOE TOGETHER

- 1-2 Transfer weight to R, hold
- 3-4 Transfer weight to L, hold
- 5-6 Transfer weight to R, hold
- 7-8 Transfer weight to L, touch R together

[BACK TO WORK]

SECTION 17: STEP FORWARD, HOLD, STEP RECOVER

- 1-2 Step R forward, hold

- 3-4 Step L forward, hold
- 5-6 Step R forward, hold
- 7-8 Rock L forward, recover to R

SECTION 18: STEP BACK, HOLD, STEP RECOVER

- 1-2 Step L back, hold
- 3-4 Step R back, hold
- 5-6 Step L back, hold
- 7-8 Rock R back, recover to L

SECTION 19-20: REPEAT SECTION 17-18

SECTION 21: ROCK FORWARD, HOLD, STEP PIVOT ¼ TURN, HOLD

- 1-2 Rock R forward, hold
- 3-4 Turn ¼ L and shift weight to the L, hold
- 5-6 Rock R forward, hold
- 7-8 Turn ¼ L and shift weight to the L, hold

SECTION 22: ROCK FORWARD, HOLD, STEP PIVOT ¼ TURN, HOLD, STEP TOGETHER

- 1-2 Rock R forward, hold
- 3-4 Turn ¼ L and shift weight to the L, hold
- 5-6 Rock R forward, hold
- 7-8 Turn ¼ L and shift weight to the L, step R together (weight on R)

SECTION 23: ROCK FORWARD, HOLD, STEP PIVOT ¼ TURN, HOLD

- 1-2 Rock L forward, hold
- 3-4 Turn ¼ R and shift weight to the R, hold
- 5-6 Rock L forward, hold
- 7-8 Turn ¼ R and shift weight to the R, hold

SECTION 24: ROCK FORWARD, HOLD, STEP PIVOT ¼ TURN, HOLD

- 1-2 Rock L forward, hold
- 3-4 Turn ¼ R and shift weight to the R, hold
- 5-6 Rock L forward, hold
- 7-8 Turn ¼ R and shift weight to the R, hold

[ENDING]

SECTION E1: WEIGHT CHANGE, HOLD, STEP TOGETHER

- 1-2 Transfer weight to L, hold
- 3-4 Transfer weight to R, hold
- 5-6 Transfer weight to L, hold
- 7-8 Transfer weight to R, hold
- 9-10 Transfer weight to L, hold
- 11-12 Transfer weight to R, hold
- 13-14 Transfer weight to L, step R together (weight on R)

Bridge: After 16th section, before 17th section

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