

# Easy Rumba – One Night At a Time

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32                      牆數: 4                      級數: Ultra Beginner  
編舞者: Debra Cleckler (USA) - July 2017  
音樂: One Night At a Time - George Strait  
或: Any good Rumba music



## [1-8] □ Rumba Box

1-2                      Step side right, step together left,  
3-4                      Step back right, hold  
5-6                      Step side left, step together right,  
7-8                      Step forward left, hold.

## [9-16] □ Cross Rock Side Hold X 2

1-2                      Cross Rock right over left, recover weight to left,  
3-4                      Step side right, hold,  
5-6                      Cross Rock left over right, recover weight to right,  
7-8                      Step side left, hold

## [17-24] □ Cucarachas (Side-Rock-Together) Right and Left

1-2                      Side rock right, recover weight to left,  
3-4                      Step right together beside left, hold  
5-6                      Side rock left, recover weight to right,  
7-8                      Step left together beside right, hold

## [25-32] □ ¼ Left Turn, Left Cucaracha

1-2                      Step forward right, turn ¼ left placing weight on left,  
3-4                      Step right together beside left, hold,  
5-6                      Side rock left, recover weight to right,  
7-8                      Step left together beside right, hold

## Repeat

**Note:** In George Strait's "One Night at a Time" there is a pause or slowdown in the music at the end of wall 9 (you will be facing 9 o'clock) – just roll your hips for four counts and start again when the music picks up!

Contact: [debb@cleckler.com](mailto:debb@cleckler.com) - 770-456-6244.