

A Stupid Rumba

COPPER KNOB
BYEPOSTS

拍數: 32 牆數: 2 級數: Beginner
編舞者: William Sevone (UK) - December 2017
音樂: Somethin' Stupid - Frank Sinatra & Nancy Sinatra : (iTunes / Amazon)



Alternate music: -

“Something Stupid” (106 bpm)... Robbie Williams & Nicole Kidman (iTunes / Amazon)

“Something Stupid” (104 bpm)... Raul Malo & Trisha Yearwood (iTunes / Amazon)

Choreographers note:- Use those Latin hips for a great effect with this simple Rumba
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts on the words 'I know (I stand in line)...' with the preparatory step (see below) this only happens
ONCE
at the **START** of the dance. The dance starts proper with Count 1 on the word '(I know) I (stand in line)..'

Preparatory Step:

Weight on left foot (right heel raised).. Drop right heel placing weight onto the right foot.

S1: 2x Side Rock-Recover-Cross-Hold (12.00)

1 – 4 Rock left to left side. Recover onto right. Cross left over right. Hold

5 – 8 Rock right to right side. Recover onto left. Cross right over left. Hold

S2: Rock Fwd-Recover-Together-Hold. Rock Back-Recover-Together-Hold (12.00)

9 – 12 Rock forward onto left. Recover onto right. Step left next to right. Hold

13 – 16 Rock backward onto right. Recover onto left. Step right next to left. Hold

S3: Forward. 1/2 Back. Back. Hold. Slow Coaster. Hold (6.00)

17 – 20 Step forward onto left. Turn ½ left (6) & step backward onto right. Step backward onto left.
Hold

21 – 24 Step backward onto right. Step left next to right. Step forward onto right. Hold

S4: 2x Diagonal Steps with Flick Kick (6.00)

25 – 28 moving diagonally RIGHT (7.30): Step forward onto left. Step right next to left heel. Step
forward onto left. Flick right foot back – calf high (as you turn for count 29)

29 – 32 moving diagonally LEFT(4.30): Step forward onto right. Step left next to right heel. Step
forward onto right. Flick left foot back – calf high (as you turn to face 6.00)

Dance Finish:

Nancy & Frank: Dance ends on Wall 8 Count 28 – Change Count 28

28 – Turn to face 12.00 and cross right over left.

Robbie & Nicole also Raul & Trisha : Dance ends on Wall 9 Count 20 – Changes to Count 19 and 20

19 – Turn ½ left (12) & step forward onto left. 20 – Touch right diagonally forward right.

Last Update – 19th Dec. 2017