

Hurt Rumba

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Chatti the Valley (ES) - January 2020
音樂: Put the Hurt on Me - Midland



Intro: 32

[1-8]: Right MAMBO CROSS ¼ TURN, HOLD, Left HINGE TURN, CROSS, HOLD.

- 1 Step right forward
- 2 ¼ turn left, weight on left foot (9:00)
- 3 Cross right over left
- 4 Hold
- 5 ¼ turn left, step left back
- 6 ¼ turn left, step right to right side (3:00)
- 7 Cross left over right foot
- 8 Sweep right foot from back to front

[9-16]: Right CROSS, SIDE, BEHIND, Left SWEEP, BEHIND, SIDE, CROSS, Right SWEEP.

- 1 Cross right over left
- 2 Step left to left side
- 3 Step right behind left foot
- 4 Sweep left foot from front to back
- 5 Step left behind right foot
- 6 Step right to right side
- 7 Cross left over right
- 8 Sweep right foot from back to front

[17-24]: Right MAMBO ROCK, HOLD, Left COASTER STEP, HOLD

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- 4 Hold
- 5 Step left back
- 6 Step right back, beside left foot
- 7 Step left forward
- 8 Hold

[25-32]: Right RUMBA BOX Back, Left RUMBA BOX Forwd.

- 1 Step right to right side
- 2 Step left beside right foot
- 3 Step right back
- 4 Hold
- 5 Step left to left side
- 6 Step right beside left foot
- 7 Step left forward
- 8 Hold

START AGAIN

NOTE: We can put different "Restarts", because the music allows it, but I prefer to dance without them, to write an easy dance.

