

Rumba Zumba

拍數: 64 牆數: 2 級數: Improver
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音樂: Rumba Zumba - Foncho



Note : No Restart, No Tag

I. OUT OUT, IN IN, STEP SIDE, CROSS BEHIND, STEP SIDE, CROSS BEHIND

1,2 Step out on R, step out on L
3,4 Step in on R, step in on L
5,6 Step R to R side, touch L behind R
7,8 Step L to L side, touch R behind L

II. ¼ TURN R STEP FORWARD, TOUCH, STEP SIDE, TOUCH FORWARD FLICK, LOCK FORWARD

1,2 ¼ turn R step forward on R, touch L beside R
3,4 Step L to L side, touch R to L
5,6 Touch forward on R, flick R
7&8 Step forward on R, step L behind R, step forward on R

III. STEP SIDE 2X, LOCK FORWARD, ¼ TURN L

1,2 Step L to L side, close R beside L
3,4 Step L to L side, touch R beside L
5&6 Step forward on R, step L behind R, step forward on R
7,8 Step forward on L, ¼ turn R, weight on R

IV. CROSS SHUFFLE, SIDE ROCK R, BEHIND SIDE CROSS, ¼ TURN L, STEP FORWARD ON R, STEP FORWARD ON L, ½ TURN R, STEP FORWARD ON L

1&2 Cross L over R, step R to R side, cross L over R
3,4 Rock R to R side, recover on L
5&6 Cross R behind L, ¼ turn L weight on R, step forward on R
7&8 Step L forward , ½ turn R step R inplace, step L forward

V. CROSS TOUCH 2X, STEP FORWARD ROCK, BACK LOCK

1,2 Cross R over L, touch L to L side
3,4 Cross L over R, touch R to R side
5,6 Step forward on R, recover on L
7&8 Step back on R, cross L over R, step back on R

VI. ½ TURN L WALK FORWARD, LOCK FORWARD, STEP SIDE. SIDE CHASSE

1,2 ½ turn L walking forward on L, walking forward on R
3&4 Step forward on L, step R behind L, step forward on L
5,6 Step R to R side, close L beside R
7&8 Step R to R side, close L beside R, Step R to R side

VII. CROSS RECOVER, SIDE CHASSE, CROSS RECOVER, SIDE CHASSE

1,2 Cross L over R, recover on R
3&4 Step L to L side, close R beside L, step L to L side
5,6 Cross R over L, recover on L
7&8 Step R to R side, close L beside R, step R to L side

VIII. STEP FORWARD, ½ TURN R , LOCK FORWARD, STEP FORWARD, ¼ TURN L, CLOSE, STEP SIDE, TOUCH

1,2 Step forward on L, ½ turn R waight on R
3&4 Step forward on L, step R behind L, step forward on L
5, 6 & Step forward on R, ¼ turn L weight on L, step R Beside L
7,8 Step L to L side, touch R beside L

Let's dance and Enjoy it..

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Last Update – 22 Aug. 2020 – R2
