# Now I Understand

拍數: 48

級數: Easy Intermediate Rumba

編舞者: mBah Wir (INA) - December 2020

音樂: Vincent (Rumba / 25 Bpm) - Ballroom Orchestra & Singers

## Sequence of dance : 24-TAG-32-24-TAG-16-48-TAG-24-TAG-32-48

Start dance on words "Starry starry night......"

# S1: BACK ROCK, RECOVER, FORWARD, HOLD, FORWARD, TURN ½ LEFT, TURN ¼ LEFT, HOLD

- 1-4 Rock R back, Recover on L, Step R forward, Hold
- 5-8 Step L forward, Step R forward while turning 1/2 L (W.O.R), Make 1/4 L turn step L to side, Hold

## S2: BACK ROCK, RECOVER, TURN ¼ LEFT, HOLD, WEAVE

- 1-4 Rock R back, Recover on L, Make 1/4 L turn step R to side, Hold
- 5-8 Cross L over R, Step R to side, Step L back, Sweep R from front to back

#### S3: BEHIND CROSS, TURN ¼ LEFT FORWARD, TURN ¼ LEFT BACK, BACK ROCK, RECOVER, SIDE, HOLD

- 1-4 Cross R behind L, Make ¼ L turn step L forward, Make ¼ L turn step R back, Hold
- 5-8 Rock L back, Recover on R, Step L to side, Hold

## Restart here after accepting 4 count Tag

#### S4: (HAND TO HAND)X2

- 1-4 Make ¼ R turn Rock R back, Recover on L, Make ¼ L turn step R to side, Hold
- 5-8 Make 1/4 L turn Rock L back, Recover on R, Make 1/4 R turn step L to side, Hold

#### S5: ¼ RIGHT BACK ROCK, RECOVER, FORWARD, HOLD, TURN 1/8 RIGHT FORWARD, TURN 1/8 **RIGHT FORWARD, TURN ¼ RIGHT SIDE, HOLD**

- 1-4 Make 1/4 R turn rock R back, Recover on L, Step R forward, Hold
- 5-8 Make 1/8 R turn step L forward, Make 1/8 R turn step R forward, Make 1/4 R turn step L to side, Hold

# S6: ¼ RIGHT FORWARD ROCK, RECOVER, BACK, SWEEP, SLOW SAILOR STEP, HOLD

- 1-4 Make 1/4 R turn rock R forward, Recover on L, Step R back, Sweep L from front to back
- 5-8 Cross L behind R, Step R to side, Step L to side, Hold

#### Begin again.

#### TAG (4 count)

1-4 Step R to side & sway R, Hold, Sway L, Hold

## For further questions about this dance please contact me at: gieprod@yahoo.com





牆數: 2