Rumba Romance (룸바 로맨스)

牆數:4

級數: Improver

編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - September 2022

音樂: Neon Light Speed - Jon Pardi

Other Music: Won't Disapprove (Tucka & feat. Marcus Fisher) [100 bpm] Note: No tags, no restarts. Any rumba tune will work.

Starting Position: Weight on RF facing starting wall.

[1-8] TURN ¼ L, HALF BOX BACK

拍數: 32

- 1-2 Step forward on LF (S)
- 3-4 Turn ¼ L on ball of LF and step RF to R (Q), step LF beside RF (Q)
- 5-6 Step back on RF (S)
- 7-8 Step LF to L (Q), step RF beside LF (Q)

[9-16] HALF TURN L WITH LOCK STEP BACK, HALF BOX BACK

- 1-2 Step forward on LF (S)
- 3 Turn ¼ turn L on ball of LF and step RF to R (Q)
- 4 Twist ¼ L on ball of RF and cross LF over RF (Q)
- Note: Same as ½ turn L (reverse turn) for a Vlennese waltz, except with a SQQ rhythm.
- 5-6 Step back on RF (S)
- 7-8 Step LF to L (Q), step RF beside LF (Q)

[17-24] STEP FORWARD AND FIGURE 8 HIP ROLLS, HIP BACK, HOOK, STEP FORWARD

- 1-2 Step forward on LF and move L hip forward and in a CCW hip rotation (S)
- 3 Move R hip back in a CW rotation (Q)
- 4 Move L hip forward in a CCW rotation (Q)
- 5-6 Move R hip back (S)
- 7-8 Hook LF across R knee (Q), step forward on LF (Q)

[25-32] STEP FORWARD, HOOK, STEP BACK, HALF BOX BACK

- 1-2 Step forward on RF (S)
- 3-4 Hook LF behind R knee (Q), step back on LF (Q)
- 5-6 Step back on RF (S)
- 7-8 Step LF to L (Q), step RF beside LF (Q)

START OVER

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Contact: wildwoodlabs at gmail dot com, with questions or to request coaching for any of our dances.



