

La Vie en Rose Rumba

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner Rumba
編舞者: Chandrani Eilena Emmiyan (INA) - April 2023
音樂: La Vie en Rose (feat. Nieka Moss) - Jason Lux



I made this Rumba dance for my friend Anthony, my Rumba teacher ☐Happy birthday Anthony

Intro: 32 seconds from the music was played, start the dance on the 33 seconds. Hold on the count of one, when the word of "Quand" was mention

Restart : On the wall 4 on Session 2 + Tag (facing 3.00)

Tag (2 counts) : On Walls 2, 4, & 6

Session 1 - BASIC RUMBA STEPS BACK & FORWARD

1 Hold
2-5 Step R backwards, Recover onto L, Step R to side, Hold
6-1 Step L forward, Recover onto R, Step L to side, Hold

Session 2 - RUMBA TIME STEP RIGHT & LEFT

2-5 Step R beside L & rotate hips R (L on toe), Transfer weight into L & rotate hips L (R on toe),
Step R to side, Hold
6-1 Step L beside R & rotate hips L (R on toe), Transfer weight into R & rotate hips R (L on toe),
Step L to side, Hold

Session 3 - NEW YORK & SPOT TURN

2-5 ¼ turn left & step R forwards (9.00), Recover onto L, ¼ turn right & step R to side (12.00),
Hold
6-1 ¼ turn right & step L forwards (3.00), ½ turn right & step R forwards (9.00), ¼ turn right &
step R to side (12.00), Hold

Tag (2 counts) - On wall 4 after the count of 3 (¼ turn right facing 3.00)

1-2 Point R while bending L knee, Hold (Rise up on the count of 1 in session 1)

Session 4 - BACK & FORWARD RUMBA STEP WITH ¼ TURN, FORWARD, ½ BACK, BACK, BACK

2-5 Step R backwards, Recover onto L, Step R forwards while turning ¼ to right (3.00), Hold
6-8 Step L forwards, ½ turn left & step R backwards (9.00), Step L backwards

Tag (2 counts)

On wall 2 (facing 6.00)

On wall 6 (facing 9.00)

1-2 Point R while bending L knee, Hold (Rise up on the count of 1 in session 1)

Ending - Session 3

NEW YORK, ¼ TURN & WALK

2-5 ¼ turn left & step R forwards (9.00), Recover onto L, ¼ turn right & step R to side (12.00),
Hold
6-1 ¼ turn right & step L forwards (facing 12.00), Step R forward, Pose

Happy dancing