

Morning Rumba (aka The MR Dance)

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: V. Allen L. Isidro (USA) - May 2023
音樂: Morning Is Coming - Sting & Shaggy



Note: LDVALI's Summer 2023 Rumba Trainer for Beginners using 1-2-3-_,5-6-7-_ tempo

Set 1 Forward, recover, together, hold, back, recover, together, hold

1-2-3-4 Forward R – recover L – together R - hold
5-6-7-8 Back L – recover R – together L - hold

Set 2 Reverse box: side, together, back, side, together, forward

1-2-3-4 Side R – together L – back R - hold
5-6-7-8 Side L – together L – forward L - hold

Set 3 Diagonal lock steps forward, forward, recover, quarter turn

1-2-3-4 Diagonal forward R – lock L – forward R – hold (1:30)
5-6-7-8 Forward L – recover R – quarter turn L – hold (9:00)

Set 4 Diagonal lock steps forward, forward, recover, quarter turn

1-2-3-4 Diagonal forward R – lock L – forward R – hold (10:30)
5-6-7-8 Forward L – recover R – quarter turn L – hold (6:00)

START ALL OVER ON NEW WALL

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