

Box Rumba

拍數: 32 牆數: 1 級數: Beginner
編舞者: Ella Trumpfeller (USA) - October 2023
音樂: Flies On the Butter (You Can't Go Home Again) - The Judds



1 8 count Tag - Hold 16 count intro

(12:00 to 3:00)

[1-16] Rumba Box – (12:00, 9:00, 6:00 and 3:00)

- 1-4 step L (1) step R to L (&), step L forward (2) touch R to L (&) step R (3) Step L to R (&), Step R back (4) touch L to Right (&) ¼ turn Left
- 5-8 repeat to 9:00
- 1-4 repeat to 6:00
- 5-8 repeat to 3:00

[17-32] Grapevine cross, Step L, Cross rock R recover L, Step Lock Step back, 2 walks shuffle ½ turn walk R L Cross Mambo (always at 9:00 ending at 12:00)

- 1-4 Step L (1), step R behind L (2) step L (&) step R across L (3) step L out (4) (Grapevine Cross)
- 5-8 Cross rock R across L (5), recover step L (6), Step R back (7), Lock L to R foot (&), Step R back (8)
- 1-4 Walk L forward (1) walk R forward (2), shuffle LRL (3&4)
- 5-8 ½ turn Step R (5), Step L (6), Cross Mambo: step R across L (7), recover step back on L(&), step R out (8) (ending at 12:00)
- 1-32 2nd time around
- 1-32 3rd time around then Tag

Tag (8 counts)

- 1-4 step L behind R (1), Step R (&) step L across R (2) Step R out (3) recover step L (4)
- 5-8 Reverse to Left: step R behind L (5), Step L (&) step R across L (6) Step L out (7) recover step R (8)
- 1-32 Repeat
- 1-32 Repeat
- 1-32 Repeat (keep counting 5-8 as music slows)
- 1-32 Repeat
- 1-16 Repeat song fades

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