

Ainda Bem (Rumba)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner - Rumba
編舞者: Novi3NLD (INA) & Katarina Sherrina (INA) - November 2024
音樂: Ainda Bem (letra) - Marisa Monte



No Tag & No Restart

S1. CROSS - SIDE ROCK & SWAY - RECOVER & SWAY - HOLD, TURN ¼L. JAZZ BOX - HOLD

1234. Cross RF over LF, Rock LF to L & sway L hip, Recover onto RF & sway R hip, Hold
5678. Cross LF over RF, Turn ¼L. Step back on RF - Step LF to L - Hold (09.00)

S2. WALK FWD RL - TURN ¾R. SPIRAL- HOLD, FWD - ROCK SIDE - RECOVER - BACK

1234. Step RF fwd, Step LF fwd, Turn ¾R. Spiral , Hold (06.00)
5678. Step RF fwd, Rock LF to L, Recover on RF, Cross LF behind RF

S3. SIDE- BACK ROCK - RECOVER -HOLD, FORWARD - TURN ¼R. FWD, TURN ½R. BWD - HOLD

1234. Step RF to R, Rock back on LF, Recover on RF, Hold
5678. Step LF fwd ,Turn ¼L. Step RF fwd ,Turn ½R Step back on LF, Hold (03.00)

S4. REVERSE ROCKING CHAIR, SIDE - DRAG- POINT - DRAG

1234. Rock back on RF, Recover onto LF, Rock RF fwd , Hold
5678. Big Step LF to L, Drag RF next to RF, Point RF to R, Drag RF next to LF

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