

An Ol' Fashion Rumba (P)

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Candy Zirngible (USA) - September 2024
音樂: Good Ol' Fashioned Love - The Overtones



SlowTeach: Out Of Goodbyes by Maroon 5 with Lady Antebellum

Sweetheart position; steps are the same unless otherwise noted

[1-8] SIDE, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, FORWARD, TOUCH

1-2-3-4 Step R foot to right, step L next to R, step R foot back, touch L next to R
5-6-7-8 Step L foot to left, step R next to L, step L foot forward, touch R next to L

[9-16] STEP DIAGONAL FWD, SLIDE, STEP, TOUCH, STEP DIAGONAL FWD, SLIDE, STEP, TOUCH

1-2-3-4 Step R diagonal forward, slide L next to R, step R diagonal forward, touch L next to R
5-6-7-8 Step L diagonal forward, slide R next to L, step L diagonal forward, touch R next to L

[17-24]

MAN: R GRAPEVINE, TOUCH, STEP FORWARD, SLIDE, STEP, TOUCH

LADY: ROLLING LEFT VINE ACROSS MAN, STEP FORWARD, SLIDE, STEP, TOUCH

1-2-3-4 MAN: Step R foot to side, step L behind R, step R to side, touch L
 LADY: Step R foot forward ¼ left, step L foot turning ¼ left, step R foot turning ½ left (now on Man's L side), touch L (tulip turn – both hands up during turn, bring hands back to shoulders)
5-6-7-8 Step L foot forward, slide R next to L, step L foot forward, touch R

[25-32]

MAN: L GRAPEVINE, TOUCH, STEP, SLIDE, STEP, TOUCH R

LADY : STEP BACK R, STEP L BEHIND R, STEP SIDE R, TOUCH L, FULL TURN R (L-R-L), TOUCH R

1-2-3-4 MAN: Step R foot to R (drop lady's R hand), step L across R, step R foot to R, (pick up lady's R hand), touch L
 LADY: Step R foot back, step L behind R, step R foot to R, touch L
5-6-7-8 MAN : Step L foot fwd, slide R next to L, step L fwd, touch R (back into sweetheart position)
 LADY: Full turn to R under man's R arm, stepping L-R-L, touch R (R hand up over head)

REPEAT