

Let's Dance The Rumba

拍數: 64 牆數: 0 級數:
編舞者: Mr Lim Peng Chye (SG)
音樂: Amapola - J.M. Lacalla



FORWARD, FORWARD, SIDE, SIDE, CROSS

1-2 Right foot forward, left foot forward
3&4 Right foot to side, left foot to side, cross right foot over left foot
5-6 Left foot forward, right foot forward
7&8 Left foot to side, right foot to side, cross left foot over right foot

FORWARD, HALF TURN LEFT, FORWARD, TAP; CROSS, HALF TURN LEFT, SIDE ROCK

1-2 Right foot forward, turn half a turn to the left
3&4 Right foot forward, left foot forward, tap right foot to right side
5-6 Cross right foot over left foot, making half turn to the left, ending with left foot to left side
7&8 Step right foot in place, rock to the left and right

FORWARD, HALF TURN RIGHT, FORWARD, TAP; CROSS, HALF TURN RIGHT, SIDE ROCK

1-8 Repeat the above 8 opposite steps, turning to right

DIAGONAL COASTAL STEPS - RIGHT AND LEFT

1-2 Right foot forward, diagonally to the right, left foot forward
3&4 Right foot back, draw left foot towards right foot, right foot forward
5-6 Left foot forward, diagonally to the left, right foot forward
7&8 Left foot back, draw right foot towards left foot, left foot forward

FORWARD, FORWARD, BACK SHUFFLE; ONE STEP BACK, HALF TURN FORWARD TO RIGHT, SIDE STEPS

1-2-3&4 Right foot forward, left forward, shuffle backwards right, left, right
5-6 Left foot back, right foot forward, making half turn to the right
7-8 Left foot to the left side, right foot to the right side

FORWARD, FORWARD, BACK SHUFFLE; ONE STEP BACK, HALF TURN FORWARD TO LEFT, SIDE STEPS

1-8 Repeat the above 8 opposite steps, turning to the left

RUNNING CROSS STEPS TO LEFT AND RIGHT

1&2 Cross right foot over left foot, left foot to side, cross right foot behind left foot
3&4 Left foot to side, cross right foot over left foot, left foot to side, right foot to the right
5&6 Cross left foot over right foot, right foot to side, cross left foot behind right foot
7&8 Right foot to side, cross left foot over right foot, right foot to side, left foot to the left

FORWARD, CROSS, BACK, SIDE, CROSS (RIGHT TO LEFT)

1 Right foot forward
2 Cross left foot over right foot
3 Right foot back
& Left foot to side
4 Cross right over left
5 Left foot forward
6 Cross right foot over left foot
7 Left foot back
& Right foot to side

8

Cross left foot over right foot

REPEAT
