

Rhumba Rio

拍數: 48 牆數: 2 級數: Improver rumba
編舞者: Mark Silvestro (USA)
音樂: Mexican Minutes - Brooks & Dunn



This is a rhumba. Don't confuse it with two-step tempo. The dance starts with a 1/2 rhumba box, not a two-step box of three steps and a pause or touch. The tempo throughout is quick, quick, slow (QQS). The slow step should be done smoothly, taking the full two beats to make the step.

½ RHUMBA BOX, SIDE RHUMBA TWO-STEP

- 1-2 Step left foot to left, close right foot to left foot
- 3-4 Step left foot forward (2 beats)
- 5-6 Step right foot to right, close left foot to right foot
- 7-8 Step right foot to right side (2 beats)

ROCK, RECOVER, SIDE STEP, ROCK, RECOVER, ½ LEFT TURN

- 1-2 Rock back on left foot turning slightly to left, recover forward on right foot
- 3-4 Step left foot to left side (2 beats)
- 5-6 Rock back on right foot turning slightly to right, recover forward on left foot
- 7-8 Start basketball turn: step right foot forward and turn ½ to left (2 beats-left foot remains in place taking weight slightly off)

½ LEFT TURN, STEP/HOLD, ROCK, RECOVER, ROCK/HOLD

- 1-2 Step right foot forward, turn ½ to left keeping left foot anchored in place and weight on right foot
- 3-4 Transfer weight to left foot (2 beats)
- 5-6 Rock right foot forward, recover back on left foot
- 7-8 Rock back on right foot (2 beats)

ROCKS: FORWARD-BACK-FORWARD, FORWARD-BACK-FORWARD

- 1-2 Rock left foot forward, rock back on right foot
- 3-4 Rock left foot forward (2 beats)
- 5-6 Rock right foot forward, rock back on left foot
- 7-8 Rock right foot forward (2 beats)

ROCK: FORWARD-BACK-BACK, ½ TURN RIGHT, TOGETHER, SIDE

- 1-2 Rock left foot forward, rock back on right foot
- 3-4 Rock back on left foot (2 beats)
- 5-6 Step back on right foot beginning ½ turn to right, finish turn and step left foot next to right foot (now facing rear wall)
- 7-8 Step right foot to right side (2 beats)

CUCARACHA STEPS TO LEFT (LEFT-RIGHT-LEFT), THEN TO RIGHT (RIGHT-LEFT-RIGHT)

- 1-2 Rock left foot to left side, recover weight to right foot
- 3-4 Close left foot to right foot (2 beats)
- 5-6 Rock right foot to right side, recover weight to left foot
- 7-8 Close right foot to left foot (2 beats)

REPEAT