

Rumba Rio

COPPERKNOB
STEPSHETS

拍數: 52 牆數: 1 級數: Improver
編舞者: Rino Rimoldi (USA)
音樂: Unknown



The basic rumba step is a quick-quick-slow movement of the feet with one beat of the music on each quick step and two beats on the slow step for four (4) counts

LEFT FOOT FORWARD STEP (QUICK-QUICK-SLOW)

1-2 Left foot step forward, right foot step forward next to left heel
3-4 Left foot step back next to right, shift weight to left foot

RIGHT FOOT SIDE STEP (QUICK-QUICK-SLOW)

5-6 Right foot step to the side, left foot step slightly to the right
7-8 Right foot step left next to left foot, shift weight to right foot

GRAPEVINE LEFT WITH ½ TURN TO THE LEFT

1-2 Left foot side step, right foot step behind left
3-4 Left foot side step (turning ½ to the left), right foot touch next to left

RIGHT FOOT SIDE STEP (QUICK-QUICK-SLOW)

5-6 Right foot step to the side, left foot step slightly to the right
7-8 Right foot step left next to left foot, shift weight to right foot

LEFT FOOT STEP FORWARD, PIVOT ½ TO THE RIGHT, LEFT FOOT CLOSE

1-2 Left foot step forward, pivot ½ to the right shifting weight to right foot
3-4 Left foot step forward next to right heel, shift weight to left foot

RIGHT FOOT BACK STEP (QUICK-QUICK-SLOW)

5-6 Right foot step back, left foot step in place
7-8 Right foot step forward next to left heel, shift weight to right foot

LEFT FOOT SIDE STEP (QUICK-QUICK-SLOW)

1-2 Left foot step to the side, right foot step slightly to the left
3-4 Left foot step next to right foot, shift weight to left foot

GRAPEVINE RIGHT WITH ½ TURN TO THE RIGHT

5-6 Right foot side step, left foot step behind right
7-8 Right foot side step (turning ½ to the right), left foot touch next to right

LEFT FOOT SIDE STEP (QUICK-QUICK-SLOW)

1-2 Left foot step to the side, right foot step slightly to the left
3-4 Left foot step right next to right foot, shift weight to left foot

RIGHT FOOT STEP FORWARD, PIVOT ½ TO THE LEFT, RIGHT FOOT CLOSE

5-6 Right foot step forward, pivot ½ to the left shifting weight to left foot
7-8 Right foot step forward next to left heel, shift weight to right foot

LEFT FOOT BACK STEP (QUICK-QUICK-SLOW)

1-2 Left foot step back, right foot step in place
3-4 Left foot step forward next to right heel, shift weight to left foot

RIGHT FOOT SIDE STEP (QUICK-QUICK-SLOW)

5-6 Right foot step to the side, left foot step slightly to the right

7-8 Right foot step next to left foot, shift weight to right foot

LEFT FOOT FORWARD STEP, PIVOT ½ RIGHT, REPEAT

1-2 Left foot step forward, pivot ½ to the right shifting weight to right foot

3-4 Repeat and start dance over

REPEAT
