

Traces

拍數: 64 牆數: 4 級數: Intermediate/Advanced rumba
編舞者: Peter Blaskowski (USA) & Beth Webb (USA)
音樂: Traces - Gloria Estefan



COASTER STEP, WALK TO SIDE BREAK

- 1-4 (QQS) Step left foot back, step right foot together, step left foot forward, hold
5-6& (QQ&) Step right foot forward, rock left foot to side, recover weight to right foot
7-8 (S) Step left foot together, hold

WEAVE TO CROSSOVER BREAK, RETURN TO SIDE CHASSE

- 1-2 (QQ) Step right foot behind left foot, step left foot to side
Styling hint: To make it easier to step the right foot into the weave on the first Quick, start by pushing it out to the right and then doing a little side-to-back sweep to get it behind the left foot. You might also try pulling your right shoulder back slightly.
3-4 (S) Swivel ¼ left (facing 9:00) on the ball of the left foot and step right foot forward, hold
5 (Q) Shift weight onto left foot and turn ¼ right (facing 12:00) on the ball of the left foot
6&7-8 (Q&S) Step the right foot to the side, step left foot together, step right foot to the side, hold

MARK TIME, SWAY TURN, SIT, UP, MOVE FORWARD

- 1-2 (QQ) Step left foot together, step right foot in place (still together)
3-4 (S&) Step left foot to side, swivel ¼ left (facing 9:00) on balls of both feet shifting weight to right foot
5-6 (QQ) Bend right knee into sitting position, unbend right knee to standing position
7-8 (S) Shift weight forward onto left foot, hold

WALKS AND TURN, FLICK TO DEVELOPÉ

- 1-2 (QQ) Step right foot forward, step left foot forward
3-4 (QQ) Step right foot forward, swivel ½ left (facing 3:00) on ball of right foot and step left foot together(!)
5-6 (QQ) Flick right heel up and back, bring right ankle to side of left knee in a Figure 4
7-8 (S) Straighten your right knee so the foot swings forward, hold

FORWARD AND SIDE, 5TH POSITION BREAK

- 1-4 (QQS) Step right foot forward, step left foot forward, step right foot to side, hold
5-8 (QQS) Step left foot behind right foot (5th position), step right foot in place, step left foot to side, hold

CATWALKS TO CHECK

- 1-2 (S) Swivel 3/8 left (facing 10:30) on ball of left foot and step right foot forward, hold
3-4 (S) Swivel ¼ right (facing 1:30) on ball of right foot and step left foot forward, hold
5-6 (QQ) Swivel ¼ left (facing 10:30) on ball of left and step right foot forward, shift weight onto left foot
7-8 (S) Turn 1/8 right to square up to front wall (facing 12:00) and step right foot to side, hold

WALKAROUND TURN, 5TH POSITION BREAK

- 1-2 (QQ) Swivel ¼ right (facing 3:00) and step left foot forward, swivel ½ right (facing 9:00) and shift weight onto right foot
3-4 (S) Turn ¼ right (facing 12:00) and step left foot to side, hold
5-8 (QQS) Step right foot behind left foot (5th position), step left foot in place, step right foot to side, hold

THE WORLD'S SLOWEST COASTER STEP, ¼ TURN, CLOSE

1-2 (S) Step left foot back, hold

3-4 (S) Step right foot together, hold

5-6 (S) Step left foot forward and turn ¼ right (facing 3:00), hold

7-8 (S) Step right foot together, hold

REPEAT
