

Heavenly Rhumba

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Maria Blackwell (USA)
音樂: All That Heaven Will Allow - The Mavericks



To get the rhumba attitude, gently sway hips to the side as you complete a step. This is especially accentuated on the "hold" counts; as you execute the hold, just slowly sway your hip in the same direction of the foot your weight is on, completing by the end of the "hold". This can also be done to Two-Step music although it changes the "flavor" of the dance.

SIDE, TOGETHER, SIDE, HOLD, ROCK STEP, STEP, HOLD

1-4 Step to left, step right together, step to left, hold (sway hip to left)
5-8 Angling so that you face 2:00, rock right back, recover on left, step right home (now facing 12:00), hold (sway hip to right)

STEP, PIVOT ½, STEP, HOLD, STEP, PIVOT ½, STEP, HOLD

1-4 Step left forward, pivot ½ turn, step left forward, hold (sway hip to left)
5-8 Step right forward, pivot ½ turn, step right forward, hold (sway hip to right)

RHUMBA PROGRESSIVE ROCKS (LEFT AND THEN RIGHT)

1-4 Step forward on left, rock back on right, recover (step) on left, hold (sway hip to left)
5-8 Step forward on right, rock back on left, recover (step) on right, hold (sway hip to right)

RHUMBA BASIC BOX

1-4 Step to left, step right together, step left forward, hold (sway hip to left)
5-8 Step to right, step left together, step right back, hold (sway hip to right)

STEP, TOGETHER, ¼ TURN STEP, SIDE, TOGETHER, CROSS, HOLD

1-4 Step to left, step right together, step to left while turning ¼, hold (sway hip to left)
5-8 Step to right, step left together, step right across left, hold (sway hip to right)

REPEAT