

Basic Rumba

拍數: 72 牆數: 4 級數: Intermediate rumba
編舞者: Tai Tsang (CAN)
音樂: Óyeme - Mónica Naranjo



SIDE, ROCK BACK, FRONT, SIDE

- 1 Step left foot to left side
- 2 Rock right foot backward
- 3 Rock left foot forward
- 4-1 Step right foot to right side, hold

FORWARD, ROCK BACK, SIDE, HOLD

- 2 Rock left foot forward
- 3 Rock right foot backward
- 4-1 Step left foot to side, hold

¼ TURN LEFT & FORWARD, ROCK BACK, ¼ TURN RIGHT & SIDE, HOLD

- 2 ¼ turn left and step right foot forward
- 3 Rock left foot backward
- 4-1 ¼ turn right and step right foot to side, hold

¼ TURN RIGHT & FORWARD, ROCK BACK, ¼ TURN LEFT & SIDE, HOLD

- 2 ¼ turn right and step left foot forward
- 3 Rock right foot backward
- 4-1 ¼ turn left and step left foot to side, hold

CROSS OVER, SIDE, CROSS OVER, HOLD

- 2 Cross right foot over left foot
- 3 Step left foot to side
- 4-1 Cross right foot over left foot, hold

SIDE, CROSS OVER, SIDE, HOLD

- 2 Step left foot to side
- 3 Cross right foot over left foot
- 4-1 Step left foot to side, hold

CUBAN ROCK, HOLD

- 2 Step right foot to side and rock right hip to right side
- 3 Step left foot to side and rock left hip to left side
- 4-1 Step right foot to side and rock right hip to right side, hold

CROSS OVER, SIDE, CROSS OVER, HOLD

- 2 Cross left foot over right foot
- 3 Step right foot to side
- 4-1 Cross left foot over right foot, hold

SIDE, CROSS OVER, SIDE, HOLD

- 2 Step right foot to side
- 3 Cross left foot over right foot
- 4-1 Step right foot to side, hold

¼ TURN LEFT & FORWARD, ¼ TURN LEFT & SIDE, ½ TURN LEFT & SIDE, HOLD

- 2 ¼ turn left and step left foot forward
- 3 ¼ turn left and step right foot to side
- 4-1 ½ turn left and step left foot to side, hold

¼ TURN RIGHT & FORWARD, ¼ TURN RIGHT & SIDE, ¼ TURN RIGHT & BACKWARD, HOLD

- 2 ¼ turn right and step right foot forward
- 3 ¼ turn right and step left foot to side
- 4-1 ¼ turn right and step right foot backward, hold

FORWARD, FORWARD, FORWARD, HOLD

- 2 Step left foot forward
- 3 Step right foot forward
- 4-1 Step left foot forward, hold

FORWARD, FORWARD, FORWARD, HOLD

- 2 Step right foot forward
- 3 Step left foot forward
- 4-1 Step right foot forward, hold

FORWARD, BACKWARD, BACKWARD, HOLD

- 2 Step left foot forward
- 3 Rock right foot backward
- 4-1 Step left foot backward, hold

BACKWARD, BACKWARD, BACKWARD, HOLD

- 2 Step right foot backward
- 3 Step left foot backward
- 4-1 Step right foot backward, hold

BACKWARD, BACKWARD, SIDE, HOLD

- 2 Step left foot backward
- 3 Step right foot backward
- 4-1 Step left foot to side, hold

¼ TURN LEFT & FORWARD, ½ TURN LEFT & FORWARD, ¼ TURN LEFT & SIDE, HOLD

- 2 ¼ turn left and step right foot forward
- 3 ½ turn left and step left foot forward
- 4-1 ¼ turn left and step right foot to side, hold

¼ TURN RIGHT & FORWARD, ½ TURN RIGHT & FORWARD, ¼ TURN RIGHT & SIDE, HOLD

- 2 ¼ turn right and step left foot forward
- 3 ½ turn right and step right foot forward
- 4-1 ¼ turn right and step left foot to side, hold

REPEAT
