

Bandaido

拍數: 64
編舞者: Norman Gifford (USA)
音樂: Bandaido - Renovators

牆數: 4

級數: Intermediate rumba



OBLIQUE HIP SWAYS LEFT AND RIGHT

- 1-2 (QQ) Left step oblique pushing hips forward, right together pushing hips back
3-4 (S) Left step oblique pushing hips forward, hold
5-6 (QQ) Right step oblique pushing hips forward, left together pushing hips back
7-8 (S) Right step oblique pushing hips forward, hold

ROCK BACK, REPLACE, STEP FORWARD INTO ½ SWIVEL TURN RIGHT, HOLD, STEP SIDE, CROSSOVER, STEP SIDE, HOLD

- 1-2 (QQ) Left step back, right replace forward
3-4 (S) Left step forward turning ½ right, hold
5-8 (QQS) Right step side, left crossover, right step side, hold

ROCK BACK, REPLACE, STEP FORWARD INTO ½ SWIVEL TURN RIGHT, HOLD, LOCK STEPS BACK, HOLD

- 1-2 (QQ) Left step back, right replace forward
3-4 (S) Left step forward turning ½ right, hold
5-8 (QQS) Right ronde back, left lock across traveling back, right step back, hold

COASTER STEP, HOLD, SCISSOR STEP, HOLD

- 1-4 (QQS) Left ronde step back, right together, left step forward, hold
5-8 (QQS) Right step side, left step back, right crossover, hold

RUMBA BOX PATTERN WITH ¼ TURN

- 1-4 (QQS) Left step side, right together, left step forward, hold
5-6 (QQ) Right step side, left together
7-8 (S) Right step back, turn ¼ left drawing left foot through (very smooth turn)
1-16 Repeat two more times

This will bring you progressively to the next wall ¼ right

Beats 7-8 are done on the balls of the feet and the left turn snaps on the very last part of beat 8 so that the left foot steps into beat 1 as the turn faces the new wall

RUMBA BOX PATTERN

- 1-4 (QQS) Left step side, right together, left step forward, hold
5-8 (QQS) Right step side, left together, right step back, drawing left foot together

REPEAT