

Capitol Rumba

拍數: 32 牆數: 4 級數: Improver
編舞者: Jenny Memmel (DE) - January 2008
音樂: Like a Virgin - The Cooltrane Quartet



Start with left foot tepped left side, weight on right foot (2nd foot position) Start with vocals

Album: Latinized DJ Choice by Casa Musica (www.casa-musica.de) or other Latin-Rumbas

(1-9) BASIC RUMBA STEP x2

- 1 change weight to left foot
- 2 right foot step back
- 3 left foot step forward
- 4, 5 point right foot to right side, change weight to right foot
- 6 step left foot forward
- 7 right foot step back
- 8, 1 point left foot to left side, change weight on left side

(10-17) STEP TURN LEFT, SWAY, CROSS STEP, RUMBA BOX BACK

- 2 ¼ turn left and step right foot forward
- 3 ½ turn left and step forward on left foot
- 4, 5 sway with right foot from back to forward, cross right foot over left foot
- 6 step left foot to left side
- 7 step right foot next to left foot
- 8, 1 step left foot back, change weight back on left foot

(18-25) CROSS STEP, RUMBA BOX BACK RUMBA BOX FORWARD, STEPS FORWARD (l, r, l)

- 2 step right foot to right side
- 3 step left foot beside right foot
- 4, 5 step right foot forward, change weight forward on right foot
- 6 step left foot forward
- 7 step right foot forward
- 8, 1 step left foot forward, change weight forward on left foot

(26-32) STEP TURN LEFT, STEP FORWARD, STEP TURN, STEP SIDE

- 2 step right foot forward
- 3 ½ turn left an step forward on left foot
- 4, 5 step right foot forard, change weight forward on right foot
- 6 step left foot forward
- 7 ½ turn right and step forward with right foot
- 8 step left foot to left side

Repeat & have fun ;-)

There are THREE Tags: AFTER 2nd wall (6 o'clock)
AFTER 5th wall (3 o'clock)
AFTER 8th wall (12 o'clock)

(Listen to the music)

BASIC RUMBA STEP x2

- 1 change weight to left foot
- 2 right foot step back

- 3 left foot step forward
 - 4, 5 point right foot to right side, change weight to right foot
 - 6 step left foot forward
 - 7 right foot step back
 - 8, 9 point left foot to left side, change weight on left side (corresponding to Step 1)
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