

And I Rumba 2

拍數: 40 牆數: 1 級數: Beginner
編舞者: William Sevone (UK) - October 2009
音樂: And I Love Her - The Beatles : (Album: A Hard Days Night - 2:29)



Dance sequence:- 40 – 40 – 32 – 40 – 40 – 40 – 24

Choreographers note:- This is a SQQ Rumba, the intimacy of which is emphasised when performed with Cuban motion.

When danced, the 'Hold' (the 2nd beat of the 'S' (slow)) is a 'follow through' from the previous step or movement.

Ideal for the Beginner who is about to progress to the Advanced Beginner level.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on vocals ('I...') with a hip push to the left (this only happens once - at the start as an extra step) or alternately – start the dance on count 1 with the word '.. Give..'

Side. Hold. Together. Cross. Side Hip Push. Hold. 2x Hip Push (12:00)

1 - 4 Step right to right side. Hold. Step left next to right. Cross right over left.
5 - 8 Stepping left to left side & push hips left. Hold. Push hips right. Push hips left.

Rock. Hold. Recover. Side. Rock. Hold. Recover. Cross (12:00)

9 - 12 Rock right behind left. Hold. Recover onto left. Step right to right side.
13 - 16 Rock onto left. Hold. Recover onto right. Cross left over right.

2x 1/4 Back-Hold-Together-Forward (6:00)

17 - 20 Turn ¼ left & step backward onto right (9). Hold. Step left next to right heel. Step forward onto right.
21 - 24 Turn ¼ left & step backward onto left (6). Hold. Step right next to left heel. Step forward onto left.

2x 1/4 Back-Hold-Together-Forward (12:00)

25 - 28 Turn ¼ left & step backward onto right (3). Hold. Step left next to right heel. Step forward onto right.
29 - 32 Turn ¼ left & step backward onto left (12). Hold. Step right next to left heel. Step forward onto left.

Restart: Short 3rd Wall - start wall 4 from this point.

Rumba Box (12:00)

33 - 36 Step forward onto right. Hold. Step left to left side, step right next to left.
37 - 40 Step backward onto left. Hold. Step right to right side, step left next to right.

Dance Finish: Count 24 Wall 7 – facing back wall.

To finish facing the 'Home' wall replace counts 21-24 with the following:

21 - 24 Step forward onto left. Pivot ¼ right (weight on right). Rock onto left. Recover onto right.