

Just One Rumba

拍數: 32 牆數: 4 級數: Beginner
編舞者: William Sevone (UK) - November 2009
音樂: Just One Look - Doris Troy : (Album: Atlantic Gold)



Choreographers note:- The music and the dance is based on the QQS Rumba.
The dance has been created as a way of introduction to this particular dance form.
There is, within the dance plenty of scope to add the essential Cuban Motion styling as the dancer progresses and gains in confidence.
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts with the main vocals.

2x Side-Together-Forward-Hold (12:00)

1 – 2 Step right to right side. Step left next to right.
3 – 4 Step forward onto right. Hold.
5 – 6 Step left to left side. Step right next to left.
7 – 8 Step forward onto left. Hold.

2x Side-Together-Backward-Hold (12:00)

9 – 10 Step right to right side. Step left next to right.
11 – 12 Step backward onto right. Hold.
13– 14 Step left to left side. Step right next to left.
15 – 16 Step backward onto left. Hold.

Side. Cross. Side Point. Hold. Behind. 1/4 Right Back. Side Point. Hold (3:00)

17 – 18 Step right to right side. Cross left over right.
19 – 20 Touch/point right to right side & slightly back. Hold
21 – 22 Step right behind left. Turn ¼ right & step backward onto left (3).
23 – 24 Touch/point right to right side & slightly back. Hold.

Fwd. Recover. Fwd. Hold. Fwd. Recover. Back. Hold (3:00)

25 – 26 Step forward onto right. Recover onto left.
27 – 28 Step forward (slightly) onto right. Hold.
29 – 30 Step forward onto left (press step). Recover onto right.
31 – 32 Step backward onto left. Hold

Other suggested music:

Ben E. King Spanish Harlem
The Drifters Some kind of wonderful

Also:

Not full Rumba – but danceable:
Inez & Charlie Fox Mockingbird
The Hollies Just one look