

Bendito Rumba (Blessed)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate rumba
編舞者: Gordon Timms (UK) - January 2012
音樂: Blessed - Andy Fortuna Productions : (CD: Latin Jam 8 - Disc Two - 3:03)



Start the dance on the vocals after 32 counts intro! Rumba Rhythm throughout is QQS

SECTION 1: Half Rumba Box, Side, Close, Side, and Hold.

- 1 - 2 Step long step left to left side (1) Close right next to left.(2)
- 3 - 4 Take a long step left forward.(3) Hold for one count. (4)
- 5 - 6 Take a long step right to right side (5) Close left next to right.(6)
- 7 - 8 Take a short step right to right side.(7) Hold for one count.(8) Faces 12.00

SECTION 2: Rondé, ¼ Turn Left, Recover weight, Step forward and Hold, Pivot ½ Left Spot Turn

- 1 - 2 Turning ¼ Left,...Sweep (Rondé) Left foot to step next to right, Recover weight on to right. (9.00)
- 3 - 4 Step Left forward, Hold for one count.
- 5 - 6 Step forward on the right. Pivot ½ turn left, (Keeping weight on the left)
- 7 - 8 Step forward with the right. Slightly in front of Left (3.00) Hold for one count. Faces 3.00

SECTION 3: Pivot ½ Right Spot Turn and Half Rumba Box

- 1 - 2 Step forward on the left, Pivot ½ turn right, (Keeping weight on the right)
- 3 - 4 Step forward on the left. Slightly in front of right. Hold for one count (9.00)
- 5 - 6 Step long step right to right side (5) Close left next to right.(6)
- 7 - 8 Take a long step right forward.(7) Hold for one count. (8) Faces 9.00

SECTION 4: Side, Close, Side and Hold, Rondé, ¼ Turn Right, Recover weight, Step forward and Hold

- 1 - 2 Take a long step left to left side (1) Close right next to left.(2)
- 3 - 4 Take a short step left to left side.(3) Hold for one count.(4)
- 5 - 6 Turning ¼ Right,...Sweep (Rondé) Right foot to step next to Left, Recover weight on to Left. (12.00)
- 7 - 8 Step Right forward, Hold for one count. Faces 12.00

SECTION 5: Basic Rumba Walks.... Forward and Backwards (with hips please!)

- 1 - 2 Step left slightly forward crossing over right, recover weight on to right.
- 3 - 4 Step left slightly back behind right foot, Hold for one count.
- 5 - 6 Step right foot back, Step left foot back slightly behind right.
- 7 - 8 Step right foot back pushing right hip out, Hold for one count. Faces 12.00

SECTION 6: Recover weight, Basic Walks...Forwards (with hips please!) Pivot ½ Left Spot Turn.

- 1 - 2 Recover weight on to Left (1) Step Right forward. (2)
- 3 - 4 Step Left Forward, (3) Hold for one count. (4)
- 5 - 6 Step forward on the right. Pivot ½ turn left, (Keeping weight on the left)
- 7 - 8 Step forward with the right. Slightly in front of Left. Hold for one count. Faces 6.00

TAG: On the end of the third rotation dance add a (4) count bridge...

Hip Sways - Left-Right-Left-Right and start the dance again.

You should be facing the (6.00) wall!

The dance will finish on the 12.00 wall.

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