

Non Dimenticar

拍數: 32 牆數: 4 級數: Low Beginner - rumba
編舞者: Karen Tripp (CAN) - February 2012
音樂: Non Dimenticar - Jack Hansen & His Orchestra : (Album: This is Ballroom Dancing)



Start: 16-count wait, left foot lead

PROGRESSIVE RUMBA BOX

1-4 Step left to left side, step right together, step forward on left, hold

5-8 Step side on right, step left together, step forward on right, hold

BASIC LEFT, HOLD, CROSS ROCK, RECOVER, SIDE, HOLD

9-12 Step left to left side, step right together, step left to side, hold

13-16 Cross right over left, recover on left, step side on right, hold

Styling: When crossing right foot over left, cross right arm in front of body, while raising left arm straight up. As you take the Recover step, bring both arms out to sides

CROSS ROCK, RECOVER, SIDE, HOLD, CROSS ROCK, RECOVER SIDE, HOLD

17-20 Cross left over right, recover on right, step side on left, hold

21-24 Cross right over left, recover on left, step side on right, hold

Styling option: Use arm styling as above on the cross rock, recover steps

SERPIENTE ¼ RIGHT

25-28 Cross left over right, step side on right, cross left behind right, sweep right from in front of left counter clockwise around to behind left (28) (do not take weight yet)

29-32 Step right foot behind left (29), step side on left (30), cross right in front of left (31), sweep left foot clockwise as you turn ¼ right, bring left foot up to right with a bent knee but do not take weight (32)

ENDING

Dance ends facing front after counts 1-6.

Option: Replace steps 1-6 with the following:

Start a Rumba box: Step side on left, close right to left, step fwd on left, hold

Right Cucaracha (rock side right, recover on left, close right to left). Arm styling: as you rock side to the right, raise right arm with palm down to straight up, then turn palm toward body and slowly lower.