

Slow Start Rumba

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lisa McCammon (USA) - May 2014
音樂: Whatever Lola Wants - Chocolate Seastorm : (CD: Dive In - 3:14)



Intro 16 counts—it's a little hard to hear. Start counting the intro on the first heavy beat and step forward on "LOla." 1 easy restart (see notes below).

Alt. Music: Perfidia by John Altman, CD: Shall We Dance Soundtrack; 120 BPM, 24 count intro, appx. 2:45 (floor split for Sultry! by Rob Fowler)

Also: And I Love Her by The Beatles, CD: A Hard Day's Night; 118 BPM, 16 count intro, appx. 2:30 (dance straight through the phrasing changes)

Clockwise rotation; start with weight on RIGHT.

[1-8] □ FORWARD, DRAW/HOLD, SIDE, CLOSE, BACK, DRAW/HOLD, SIDE, CLOSE

- 1-2 (S) □ Step forward L, draw R toward L
- 3-4 (QQ) □ Step R to side, STEP L next to R
- 5-6 (S) □ Step back R, draw L toward R
- 7-8 (QQ) □ Step L to side, STEP R next to L

Styling: although there are two things happening on the slow counts (1-2 and 5-6), it should look and feel like one movement. For a smooth flow, slowly draw the following foot into home position before stepping to the side on the next count. Often this combination is cued as "step, hold" and that works just fine, but try thinking "SLOOOOW, quick-quick" throughout the dance to achieve a rumba feel.

[9-16] □ BACK, DRAW/HOLD, SIDE, CLOSE, SIDE, HOLD, CROSS, SIDE

- 1-2 (S) □ Step back L, draw/drag R toward L (styling as above)
- 3-4 (QQ) □ Step R to side, step L next to R
- 5-6 (S) □ Step R to side, HOLD
- 7-8 (QQ) □ Cross L over R, step R to side

[17-24] □ CROSS, HOLD, SIDE, CLOSE, CROSS (SCISSORS), HOLD, SIDE, CROSS

- 1-2 (S) □ Cross L over R, HOLD
- 3-4 (QQ) □ Step R to side, step L next to R (open body slightly to L diagonal)
- 5-6 (S) □ Cross step R over L, HOLD
- 7-8 (QQ) □ Step L to side, cross R over L ***restart point

[25-32] □ TURN, HOLD, STEP, LOCK, STEP, HOLD, STEP, TURN

- 1-2 (S) □ Turn ¼ L [9] stepping forward onto L, HOLD
- 3-4 (QQ) □ Step forward onto R, step L behind R in third position
- 5-6 (S) □ Step forward onto R, HOLD
- 7-8 (QQ) □ Step forward onto L, turn ½ R [3] taking weight onto R

*Very easy Restart for Whatever Lola Wants: the 5th repetition will begin facing [12]. Dance through count 24 (side, cross). Then turn ¼ left to [9] stepping forward L to start the forward rumba box at the beginning of the first set. This is the start of a 64-count instrumental bridge.

Optional big finish for Whatever Lola Wants: Your last repetition will start at [12]. Dance through count 5 in the second set (weight is on your R). Instead of holding for count 6, do a cross-side-cross stepping LRL to hit the "cha-cha-cha" at the end.

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