

# Forever Rumba

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wand:** 2

**Ebene:** Beginner - Rumba

**Choreograf/in:** Irene Tang (HK) - January 2013

**Musik:** Forever - Lisa Lisa & Cult Jam



**Count In:** After 32 counts

## **SEC 1: SIDE, HOLD, BACK ROCK, RECOVER, SIDE, HOLD, FWD ROCK, RECOVER**

- 1 – 2            Side LF to L, Hold
- 3 – 4            Rock RF back, Recover weight to LF
- 5 – 6            Side RF to R, Hold
- 7 – 8            Rock LF fwd, Recover weight to RF

## **SEC 2: SWAY, HOLD, SWAY, SWAY, SWAY, HOLD, SWAY, SWAY**

- 1 – 2            Side LF to L with sway, Hold
- 3 – 4            Sway to R with full weight transfer, Sway to L with full weight transfer
- 5 – 6            Sway to R with full weight transfer, Hold
- 7 – 8            Sway to L with full weight transfer, Sway to R with full weight transfer

## **SEC 3: FWD, 1/2, BACK ROCK, RECOVER, FWD, HOLD, FWD ROCK, RECOVER**

- 1 – 2            Step LF fwd, pivot 1/2 R keeping weight on LF
- 3 – 4            Rock RF back, Recover weight to LF
- 5 – 6            Step RF fwd, Hold
- 7 – 8            Rock LF fwd, Recover weight to RF

## **SEC 4: BEHIND SIDE CROSS, POINT, CROSS SIDE BEHIND, POINT**

- 1 – 4            Cross LF behind RF, Close RF to LF, Cross LF over RF, Point RF to R
- 5 – 8            Cross RF over LF, Close LF to RF, Cross RF behind LF, Point LF to L

**NOTE :** The "hold" on Count 2 & 6 of Section 1, 2 & 3 allow you to settle your hip on the heel of your weight foot with full weight transfer

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