Rumba Breeze (簡單倫巴) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Michele Perron (CAN) & Michele Burton (USA) - 2009年07月
Music: Everybody's Talking - Joe Sample & Randy Crawford : (CD: Feeling Good)

前奏： Introduction: 64 Counts 64拍後起跳

第一段 **Side,Together,Forward,Hold: Repeat 側, 併, 前, 候(重覆)**

1,2 LEFT Step side L, RIGHT Step beside L 左足左踏, 右足併踏

3,4 LEFT Step forward, HOLD 左足前踏, 候

5,6 RIGHT Step side R, LEFT Step beside R 右足右踏, 左足併踏

7,8 RIGHT Step forward; HOLD 右足前踏, 候

第二段 **Forward,Turn,Back,Hold; Back,Back,Back,Kick**
前, 轉, 後, 候, 後, 後, 後, 踢

1,2 LEFT Step forward, Turn 1/2 R with RIGHT Step forward (in place) (6 o'clock) 左足前踏, 右轉180度右足前踏(面向6點鐘)

3,4 Turn 1/2 R with LEFT Step back, HOLD (12 o'clock)
右轉180度左足後踏, 候(面向12點鐘)

5,6 RIGHT, LEFT Steps back 右足後踏, 左足後踏

7,8 RIGHT Step back, LEFT Kick forward 右足後踏, 左足前踢

第三段 **Turn,Side,Behind,Hold; Side,Recover,Behind,Hold**
轉, 側, 後, 候, 側, 回復, 後, 候

1,2 Turn 1/4 L with LEFT Step forward, RIGHT Step side R (9 o'clock)
左轉90度左足前踏, 右足右踏(面向9點鐘)

3,4 LEFT Step back & crossed behind R, HOLD
左足於右足後交叉踏, 候

5,6 RIGHT Rock/Step side R, LEFT Recover/Step side (in place)
右足右下沉, 左足回復

7,8 RIGHT Step back & crossed behind L, HOLD
右足於左足後交叉踏, 候

第四段 **Sway,Sway,Sway,Touch; Turn,Turn,Turn,Touch [R Turning Vine]**
推臀, 推臀, 推臀, 點, 轉, 轉, 轉, 點(右轉華倫)

1,2 LEFT Rock/Step side L with L hip bump, RIGHT Rock/Step side R with R hip bump 左足左下沉左推臀, 右足右下沉右推臀

3,4 LEFT Rock/Step side L with L hip bump, RIGHT Touch beside L
左足左下沉左推臀, 右足併點

5,6 Turn 1/4 R with RIGHT Step forward, Turn 1/2 R with LEFT Step back
右轉90度右足前踏, 右轉180度左足後踏

7,8 Turn 1/4 R with RIGHT Step side R, LEFT Touch beside R
右轉90度右足右踏, 左足併點

第五段 **Across,Turn,Turn,Hold; Forward,Forward,Across,Hold**
交叉, 轉, 轉, 候, 前, 前, 交叉, 候

1,2 LEFT Step across front of R, Turn 1/4 L with RIGHT Step back
左足於右足前交叉踏, 左轉90度右足後踏

3,4 Turn 1/4 L with LEFT Step forward, HOLD (3'oclock)
左轉90度左足前踏, 候

5,6 RIGHT Step forward, LEFT Step forward
右足前踏, 左足前踏

7,8 Turn 1/4 R with RIGHT Step across front of L, HOLD (6 o'clock)
右轉90度右足於左足前交叉踏, 候(面向6點鐘)

第六段 **Side ,Together, Back, Hold; Rock, Recover, Turn, Hold**
側, 併, 後, 候, 下沉, 回復, 轉, 候

1,2 LEFT Step side L, RIGHT Step beside L 左足左踏, 右足併踏

3,4 LEFT Step back, HOLD 左足後踏, 候

5,6 RIGHT Rock/Step back, LEFT Recover/Step forward
右足後下沉, 左足回復

7,8 Turn 1/4 L with RIGHT Step side R, HOLD (3 o'clock)
左轉90度右足右踏, 候(面向3點鐘)

第七段 Across, Hold, Ball-Forward, Drag: Repeat
交叉, 候, 併-前踏, 拖 (重覆)

(Move forward facing diagonals in this section)
本段舞步都面向斜角線方向舞動

1,2 LEFT Step Across front of R, HOLD 左足於右足前交叉踏, 候

&34 RIGHT Step forward & behind heel of L, LEFT Step forward diagonal L, RIGHT Drag to beside L
右足於左足踵前踏, 左足斜前踏, 右足拖併

5,6 RIGHT Step Across front of L , HOLD 右足於左足前交叉踏, 候

&78 LEFT Step forward & behind heel of R, RIGHT Step forward, LEFT Drag to beside R (3 o'clock)
左足於右足踵前踏, 右足前踏, 左足拖併(面向3點鐘)

第八段 Rock, Recover, Turn, Hold, Rock, Recover, Back, Hold
下沉, 回復, 轉, 候, 下沉, 回復, 後, 候

1,2 LEFT Rock/ Step forward, RIGHT Recover/Step back
左足前下沉, 右足回復

3,4 Turn 1/2 L with LEFT Step forward, HOLD 左轉180度左足前踏, 候

5,6 RIGHT Rock/Step forward, LEFT Recover/Step back
右足前下沉, 左足回復

7,8 RIGHT Step back, Hold (9 o'clock) 右足後踏, 候(面向9點鐘)