

Easy Rumba – One Night At a Time

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Ultra Beginner
编舞者: Debra Cleckler (USA) - July 2017
音乐: One Night At a Time - George Strait
或: Any good Rumba music



[1-8] □ Rumba Box

- 1-2 Step side right, step together left,
- 3-4 Step back right, hold
- 5-6 Step side left, step together right,
- 7-8 Step forward left, hold.

[9-16] □ Cross Rock Side Hold X 2

- 1-2 Cross Rock right over left, recover weight to left,
- 3-4 Step side right, hold,
- 5-6 Cross Rock left over right, recover weight to right,
- 7-8 Step side left, hold

[17-24] □ Cucarachas (Side-Rock-Together) Right and Left

- 1-2 Side rock right, recover weight to left,
- 3-4 Step right together beside left, hold
- 5-6 Side rock left, recover weight to right,
- 7-8 Step left together beside right, hold

[25-32] □ ¼ Left Turn, Left Cucaracha

- 1-2 Step forward right, turn ¼ left placing weight on left,
- 3-4 Step right together beside left, hold,
- 5-6 Side rock left, recover weight to right,
- 7-8 Step left together beside right, hold

Repeat

Note: In George Strait's "One Night at a Time" there is a pause or slowdown in the music at the end of wall 9 (you will be facing 9 o'clock) – just roll your hips for four counts and start again when the music picks up!

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