Now I Understand

拍数: 48	墙数: 2	级数: Easy Intermediate Rumba

编舞者: mBah Wir (INA) - December 2020

音乐: Vincent (Rumba / 25 Bpm) - Ballroom Orchestra & Singers

Sequence of dance : 24-TAG-32-24-TAG-16-48-TAG-24-TAG-32-48

Start dance on words "Starry starry night......."

S1: BACK ROCK, RECOVER, FORWARD, HOLD, FORWARD, TURN ½ LEFT, TURN ¼ LEFT, HOLD

1-4   Rock R back, Recover on L, Step R forward, Hold

5-8   Step L forward, Step R forward while turning ½ L (W.O.R), Make ¼ L turn step L to side, Hold

S2: BACK ROCK, RECOVER, TURN ¼ LEFT, HOLD, WEAVE

1-4   Rock R back, Recover on L, Make ¼ L turn step R to side, Hold

5-8   Cross L over R, Step R to side, Step L back, Sweep R from front to back

S3: BEHIND CROSS, TURN ¼ LEFT FORWARD, TURN ¼ LEFT BACK, BACK ROCK, RECOVER, SIDE, HOLD

1-4   Cross R behind L, Make ¼ L turn step L forward, Make ¼ L turn step R back, Hold

5-8   Rock L back, Recover on R, Step L to side, Hold

Restart here after accepting 4 count Tag

S4: (HAND TO HAND)X2

1-4   Make ¼ R turn Rock R back, Recover on L, Make ¼ L turn step R to side, Hold

5-8   Make ¼ L turn Rock L back, Recover on R, Make ¼ R turn step L to side, Hold

S5: ¼ RIGHT BACK ROCK, RECOVER, FORWARD, HOLD, TURN 1/8 RIGHT FORWARD, TURN 1/8 RIGHT FORWARD, TURN ¼ RIGHT SIDE, HOLD

1-4   Make ¼ R turn rock R back, Recover on L, Step R forward, Hold

5-8   Make 1/8 R turn step L forward, Make 1/8 R turn step R forward, Make ¼ R turn step L to side, Hold

S6: ¼ RIGHT FORWARD ROCK, RECOVER, BACK, SWEEP, SLOW SAILOR STEP, HOLD

1-4   Make ¼ R turn rock R forward, Recover on L, Step R back, Sweep L from front to back

5-8   Cross L behind R, Step R to side, Step L to side, Hold

Begin again.

TAG (4 count)

1-4   Step R to side & sway R, Hold, Sway L, Hold

For further questions about this dance please contact me at: gieprod@yahoo.com