

Rumba One

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Shanthie De Mel (AUS) - May 2025
音乐: One Moment in Time (Rumba / 27 BPM) - Ross Mitchell, His Band and Singers



Intro: 16 Count. Begin on vocals. Rumba rhythm throughout. Q-Q-S.

No Tags. No Restarts. Left wall rotation. Do your own Rumba styling with plenty of hip & arm action. Feel the beat!

(1-8) RUMBA LOCKS DIAGONALLY FORWARD. x2

- 1, 2 Step R forward on right diagonal. Lock L to R.
- 3, 4 Step R forward on right diagonal. Hold.
- 5, 6 Step L forward on left diagonal. Lock R to L.
- 7, 8 Step L forward on left diagonal. Hold. (12:00)

(9-16) BEHIND. SIDE. ACROSS. HOLD. BEHIND. SIDE. FORWARD. HOLD.

- 1, 2 Cross R behind L. Step L to left side.
- 3, 4 Cross R over L. Hold.
- 5, 6 Cross L behind R. Step R to right side.
- 7, 8 Step L forward. Hold. (12:00)

(17-24) FORWARD. 1/4 LEFT TURN. FORWARD. HOLD. FORWARD. TURN 1/2 RIGHT. FWD. HOLD.

- 1, 2 Step R forward. Turn 1/4 left on L. (9:00)
- 3, 4 Step R forward. Hold.
- 5, 6 Step L forward. Turn 1/2 right on R. (3:00)
- 7, 8 Step L forward. Hold. (3:00)

(25-32) DO RUMBA WALKS MAKING 1/2 RIGHT TURN OVER RIGHT SHOULDER.

- 1, 2 Turning over right shoulder step R forward. (6:00) Step L forward.
- 3, 4 Turning over right shoulder step R forward. (9:00). Hold.
- 5, 6 Step L forward. Step R forward.
- 7, 8 Step L forward. Hold. (9:00)

Enjoy the dance!
