

Cowboy Rumba

拍数: 64 墙数: 4 级数: Intermediate rumba
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音乐: You Got the Wrong Man - Tim McGraw



1ST HALF OF RUMBA BOX

1-4 Step forward left, hold, step side right, step together left (slow, quick, quick)

2ND HALF OF RUMBA BOX

5-8 Step back right, hold, step side left, step together right (slow, quick, quick)

CROSS OVER BREAKS

1-4 Step side left, hold, cross right over left and rock forward right, step in place left (slow, quick, quick)

CROSS OVER BREAKS

5-8 Step side right, hold, cross left over right and rock forward left, step in place right (slow, quick, quick)

SAMBA FLICKS - SPIN FULL TURN LEFT WITH 2 STEPS

1-2 Turn $\frac{1}{4}$ left and step forward left starting spin, bring right foot next to left as you complete a $\frac{3}{4}$ spin left for a total of full turn left.

&-3-4 Step side left on count "&", point right toe side on count "3", hold count 4

SAMBA FLICKS - SPIN FULL TURN RIGHT WITH 2 STEPS

5-6 Turn $\frac{1}{4}$ right and step forward right starting spin, bring left foot next to right as you complete a $\frac{3}{4}$ spin right for a total of full turn right.

&-7-8 Step side right on count "&", point left toe side on count "3", hold count 4

4 SETS OF CHA-CHA-CHA SLOW FORWARD

(Using "Cuban motion" i.e., Hip action)

1&2 Step forward left, together right, step forward left

3&4 Step forward right, together left, step forward right

5-8 Repeat left shuffle and right shuffle forward

FORWARD ROCK, 2 SETS OF CHA-CHA-CHA SLOW BACK, ROCK BACK

1-2 Rock step forward left, step in place right

3&4 Left shuffle back - step back left, together right, step back left

5&6 Right shuffle back - step back right, together left, step back right

7-8 Rock step back left, step in place right

RUMBA BOX

1-4 Step forward left, hold, step side right, step together left (1st half of box-slow, quick, quick)

5-8 Step back right, hold, step side left, step together right (2nd half of box-slow, quick, quick)

SAMBA CHASSES OR 2 WAY COM PASO

1&2& Step forward left (whole foot flat), step side right (small step using ball of foot), cross left over right (whole foot flat), step side right,

3&4 Cross left over right, step side right, cross left over right

5&6& Step back right, step side left, cross right over left, step side left,

7&8 Cross right over left, step side left, cross right over left (remember flat, ball-flat footwork)

RUMBA BOX WITH $\frac{3}{4}$ TURN LEFT

1-4 Step forward left, hold, step side right, together left (1st half of box-slow, quick, quick)

I know your feet are crossed from the previous pattern-just uncross them as you step forward!

5-8 Step back right, touch left toe behind right (pressing with the ball of left foot) spin $\frac{3}{4}$ left with weight ending up on right foot.

REPEAT
