

Tracce Di Amore

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate Rumba
编舞者: Gordon Timms (UK) - December 2010
音乐: Traces (Of Love) - Gloria Estefan : (Album: Hold Me, Thrill Me, Kiss Me - 3:12)



Start the dance on the vocals after 32 counts intro! - Rumba Rhythm throughout is QQS

SECTION 1: Basic Rumba Walks.... Forward and Backwards (with hips please!)

- 1 - 2 Step left slightly forward crossing over right, recover weight on to right.
- 3 - 4 Step left slightly back behind right foot, Hold for one count.
- 5 - 6 Step right foot back, Step left foot back slightly behind right.
- 7 - 8 Step right foot back pushing right hip out, Hold for one count.

Faces 12.00

SECTION 2: Basic Rumba Walks.... Backwards and Forwards (with hips please!)

- 1 - 2 Step left slightly back crossing behind right, recover weight on to right.
- 3 - 4 Step left slightly forward crossing over right, Hold for one count.
- 5 - 6 Step right forward, Step Left forward.
- 7 - 8 Step right forward next to left, but more to the right side, Hold for one count.

Faces 12.00

SECTION 3: Spot Turns and Balance Steps....

- 1 - 2 Turning a ¼ turn left, step forward on the left, Step forward on the right. (9.00)
- 3 - 4 Pivot a ½ turn left, (Keeping weight on the left) Step forward with the right. (3.00)
- 5 - 6 Step forward on the left, Pivot ½ turn right.. (Keeping weight on the right) (9.00)
- 7 - 8 Step forward slightly with the left, Step a long step to the right side. (Keep left toe pointed to the left)

Faces 9.00

SECTION 4: Rondé, ¼ Turn Left, Recover weight, Step forward and Hold, Right Cucaracha and Hold.

- 1 - 2 Turning ¼ Left,...Sweep (Rondé) Left foot to step next to right, Recover weight on to right. (6.00)
- 3 - 4 Step Left forward, Hold for one count.
- 5 - 6 Rock right out to right side, Recover weight on to the left.
- 7 - 8 Step Right foot next to the Left with weight, Hold for one count.

Faces 6.00

SECTION 5: Marking Steps... (Time Steps)

- 1 - 2 Step left behind right, recover weight on the right.
- 3 - 4 Step left to left side, Hold for one count.
- 5 - 6 Step right behind left, recover weight on the left.
- 7 - 8 Step right to right side, Hold for one count.

Faces 6.00 (RESTART HERE ON WALL 3)

SECTION 6: New Yorkers...

- 1 - 2 Turn a ¼ right on the ball of the right foot, step left forward. (9.00)
- 3 - 4 Recover weight back on the right, turn ¼ left (6.00) step left to side and Hold.
- 5 - 6 Turn a ¼ left on the ball of the left foot, step right forward. (3.00)
- 7 - 8 Recover weight back on the left, turn ¼ right (6.00) step right to side and Hold

Faces 6.00

SECTION 7: Left and Right Sequence...Basic Rumba Roll Back Step.

- 1 - 2 Turning ¼ Left, Roll back Left around behind right, recover weight on to Right.

- 3 - 4 Turning ¼ Right...(face original wall) Step Left to Left side, Hold for one count.
5 - 6 Turning ¼ Right, Roll back Right around behind Left, recover weight on to Left.
7 - 8 Turning ¼ Left...(face original wall) Step Right to Right side, Hold for one count.

Faces 6.00

SECTION 8: Basic Rumba Balance Steps... Diagonal Back and Forward.

- 1 - 2 Step back on Left at 45° pushing Left hip out, recover weight back on to Right.
3 - 4 Step Left slightly forward next to Right, Hold for one count.
5 - 6 Step forward on the right at 45° pushing right hip out, recover weight back on to Left
7 - 8 Rock weight back on to the right foot, Hold for one count.

Faces 6.00

TAG: On the third rotation dance through to end of Section 5 (40 counts)...add a (4) count bridge...Hip Sways - Left-Right-Left-Right and start the dance again - you should be facing the (6.00) wall!

The dance will finish on wall (6.00)...you can if you wish just Rondé ½ Left Turn & Step to face front.

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