

Forever Rumba

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner - Rumba
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音乐: Forever - Lisa Lisa & Cult Jam



Count In: After 32 counts

SEC 1: SIDE, HOLD, BACK ROCK, RECOVER, SIDE, HOLD, FWD ROCK, RECOVER

- 1 – 2 Side LF to L, Hold
- 3 – 4 Rock RF back, Recover weight to LF
- 5 – 6 Side RF to R, Hold
- 7 – 8 Rock LF fwd, Recover weight to RF

SEC 2: SWAY, HOLD, SWAY, SWAY, SWAY, HOLD, SWAY, SWAY

- 1 – 2 Side LF to L with sway, Hold
- 3 – 4 Sway to R with full weight transfer, Sway to L with full weight transfer
- 5 – 6 Sway to R with full weight transfer, Hold
- 7 – 8 Sway to L with full weight transfer, Sway to R with full weight transfer

SEC 3: FWD, 1/2, BACK ROCK, RECOVER, FWD, HOLD, FWD ROCK, RECOVER

- 1 – 2 Step LF fwd, pivot 1/2 R keeping weight on LF
- 3 – 4 Rock RF back, Recover weight to LF
- 5 – 6 Step RF fwd, Hold
- 7 – 8 Rock LF fwd, Recover weight to RF

SEC 4: BEHIND SIDE CROSS, POINT, CROSS SIDE BEHIND, POINT

- 1 – 4 Cross LF behind RF, Close RF to LF, Cross LF over RF, Point RF to R
- 5 – 8 Cross RF over LF, Close LF to RF, Cross RF behind LF, Point LF to L

NOTE : The "hold" on Count 2 & 6 of Section 1, 2 & 3 allow you to settle your hip on the heel of your weight foot with full weight transfer

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