Rumba Me

拍數: 32   **牆數:** 4   **級數:** Intermediate Rumba

編舞者: Jim PAVADÉ (FR) - May 2021

音樂: Malaya (Rumba) - Watazu

Start the dance with weight on the RF

S1: 1 -8 LF on left, Sliding door with hip twist, Cucaracha on LF with 1/4 turn right

1 2 3 4	LF to side, RF back on the diagonal (01h30), Recover on LF, ¼ turn L with hip twist (10h30),
5 6 7 8	Cross RF in front of LF, LF to side (12h00), Recover on RF with 1/4 turn Right (03h00),Cross LF in front of RF (Cucaracha Step)

S2: 9 -16 Pivot ½ x2 (R, L) with Back Rock

1 2 3 4	Pivot 1/2 turn to the right keeping body weight on LF (09h00), Cross RF behind LF, Recover on LF, Cross RF in front of LF
5 6 7 8	Pivot 1/2 turn to the left keeping body weight on RF (03h00), Cross LF behind RF, Recover on RF, Cross LF in front of RF

S3: 17 - 24 Pivot &Sweep on RF, Behind-Side-Down Cross, Windmill of Arms R/L, Spiral 5/8 left

1 2 3 4	Pivot 7/8 turn to the right keeping body weight on LF (01h30) and finish with a sweep of RF, Cross RF behind LF, LF to Side, Cross RF on the diagonal (right knee flexed) (10h30)
5 6	Do a windmill of arms R/L (hold body weight on RF)
7 8	Pivot 5/8 turn L (Spiral) keeping body weight on RF (03h00)

S4: 25 - 32 Left Rumba Box

1 2 3 4	LF to side, Close RF to LF, LF forward, Touch RF next to LF (03h00)
5 6 7 8	RF to side, Close LF to RF, Step back LF, hitch left knee (03h00)

Start again the dance from the beginning

Final:

Option 1 : on wall 7 at the end of Section 3, on the beat Point LF forward (12h00), hands closed in the center of the breasts and on the final counts (1,2,3,4) stretch the arms/hands in front in a lotus shape and " Terima kasih! "

Option 2 : on wall 7 at the end of Section 3, on the 8th beat, pivot 7/8 of a turn to the left while keeping your body weight on the right foot (Spiral action) (12h00), hands closed in the center of the breasts and on the final counts (1,2,3,4) stretch the arms/hands in front in a lotus shape and " Terima kasih! "

Love Dance dedicated to Friends, Malaysian people and
Stephan BRECARD a great talent RE/FR world champion