Chat GPT Vibes Rumba

級數: Absolute Beginner

編舞者: Shanthie De Mel (AUS) - April 2024

音樂: Al generated Sway by Frank Sinatra to Michael Buble's original

Intro: 32 Count: Weight on left foot. Start on vocals. Left Rotation. No Tags or Restarts.

[1-8] RUMBA WALKS FORWARD WITH HOLD. SWAY LEFT. SWAY RIGHT.

- Walk forward R-L-R with hip action. Hold. 1-4
- 5, 6 Sway to the left side in place to 2 counts.
- 7,8 Sway to the right side in place to 2 counts. (12:00)

[9-16] RUMBA WALKS FORWARD WITH HOLD. SWAY RIGHT. SWAY LEFT.

- Walk forward L-R-L with hip action. Hold. 1-4
- 5, 6 Sway to the right side in place to 2 counts.
- 7, 8 Sway to the left side in place to 2 counts. (12:00)

[17-24] REVERSE RUMBA BOX

拍數: 32

- Step R to the right side with a sway. Close L. 1, 2
- 5, 6 Step R back. Hold.
- Step L to the left side with a sway. Close R. Step L back. Hold. (12:00) 7,8

[25-32] PADDLE SWAY 1/8 TURN LEFT x2

- 1, 2 Step R forward. Hold.
- 3, 4 Turn 1/8 left on L with sway. Hold. (11:00)
- 5, 6 Step R forward. Hold.
- 7,8 Turn 1/8 left on L with sway. Hold. (9:00)

NOTE. AFTER ROTATION 8 FACING 12:00 HOLD FOR 4 COUNTS AT PAUSE IN MUSIC, CONTINUE WITH NEW WALL.

Dance with attitude! Smile! Have fun!





牆數: 4