Dancin' In The Wind



拍數: 32 牆數: 2 級數: Intermediate rumba

編舞者: Jonathan Gan (SG)

音樂: Colors of the Wind - Vanessa Williams



FORWARD, ROCK, RECOVER, RONDE, BEHIND, SIDE, CROSS TOUCHES, HOLD, BEHIND, 1/4 LEFT TURN, FORWARD

1 Step left forward

2-3 Rock right forward, recover weight on left

4&5 Sweep right behind left, step left to left, cross right over left

&6 Touch left toe beside right (twist toes and body diagonal right), touch left to left straighten

both knees (twist toes and body diagonal left)

7 Hold

8&1 Step left behind right, make ¼ turn right stepping right forward, step left forward

FULL RIGHT SPIRAL TURN, FORWARD, PIVOT ½ RIGHT TURN, HOLD, LOCK STEP, FORWARD, ROCK, RECOVER, ½ RIGHT TURN

2-3 Full turn right on ball of left (you should be end up right toe touch over left), step right forward

4&5 Step left forward, pivot ½ turn right stepping right forward, step left forward

6&7 Hold, lock right behind left, step left forward

8&1 Rock right forward, recover weight on left, make ½ right stepping right forward

Restart from on wall 7 (dance to count 16 add 4 count tag)

1/2 RIGHT TURN, STEP BACK, RONDE, BEHIND, SIDE, HOLD, SIDE MAMBO, 1/4 LEFT TURN, TRAVELING FORWARD FULL TURN LEFT

2-3 Make ½ right turn on ball of right stepping left back, sweep right behind left

4-5 Step left to left, hold

&6& Rock right to right, recover weight on left, step right beside left (figure 8)

7 Make ¼ left turn stepping left forward

8&1 Make ½ left turn stepping right back, make ½ left turn step left forward, step right forward

ROCK, RECOVER, COASTER TOUCH, SIT, HIP PUSH & ROLL BACK, BACK ROCK

2-3 Rock left forward, recover weight on right

4&5 Step left back, step right beside right, touch left toe in front of right (sitting position while left

toe pointed forward)

6-7 Push hip forward, roll hip back (to the left) 8& Step left back, recover weight on right

REPEAT

TAG

At the end of 3rd wall facing back wall

FORWARD, SIDE MAMBO TWICE, PIVOT ½ LEFT TURN, SWAYS X 4

1 Step left forward (continuous step end of 8 & 1)

Step right to right, recover weight on left, step right beside left Step left to left, recover weight on right, step left beside right

Step right forward, pivot ½ left turn (weight on left), step right forward

1234 Step left to left & sway to left, right, left, right (figure 8)(12:00)

TAG

At the end of 6th wall facing back wall

1-8 Repeat tag 1 from counts 1-8 (12:00)

TAG

On wall 7 dance to count 16 (rock right forward)facing front wall

1-4 Make ¼ right turn step left to left & sway to left, right, left, right (figure 8)(12:00)

Then restart