

Rumandawi

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Silia - August 2008
音樂: Rumandawi - Clarice John Matha



Count In: 29 seconds from the beginning of the track – start on the word 'du' of main vocal.

LEFT AND RIGHT BOUNCE STEPS

- 1&2 Step on ball of left to left side, step on ball of right beside left, step on ball of left together
- 3&4 Step on ball of right to right side, step on ball of left beside right, step on ball of right together
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

LEFT AND RIGHT DIAGONAL FORWARD BOUNCE STEPS

- 1&2 Step on ball of left forward to left diagonal, step on ball of right beside left, step on ball of left together
- 3&4 Step on ball of right forward to right diagonal, step on ball of left beside right, step on ball of right together
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

BACK - TOGETHER X 4, BACK - 1/4 TURN RIGHT X 3, BACK

- 1&2& Step left back, step right together, step left back, step right together
- 3&4& Step left back, step right together, step left back, step right together
- 5& Step left back, 1/4 turn right stepping right forward
- 6& Step left behind right, 1/4 turn right stepping right forward
- 7& Step left behind right, 1/4 turn right stepping right forward
- 8 Step left beside right

(Step on balls of feet for those bouncy movements and stretch both arms out to the sides with slightly bent elbows for the Sumazau style.)

LEFT AND RIGHT CROSS ROCKING STEPS.

- 1-2 Cross right over left, recover onto left
- 3&4 Cross right over left, recover onto left, cross right over left again.
- 5-6 Cross left over right, recover onto right
- 7&8 Cross left over right, recover onto right, cross left over right again.

LEFT AND RIGHT CROSS ROCKS WITH TRIPLE STEPS IN PLACE

- 1-2 Cross right over left, recover onto left
- 3&4 Triple steps in place on RLR
- 5-6 Cross left over right, recover onto right
- 7&8 Triple steps in place on LRL

MAKE 1/4 TURN LEFT – RIGHT LINDY AND LEFT LINDY

- 1&2 Turning 1/4 left chasse to the right on RLR
- 3-4 Cross left behind right, recover onto right
- 5&6 Chasse to the left on LRL
- 7-8 Cross right behind left, recover onto left

FORWARD ROCK, COASTER STEPS X 2

- 1-2 Rock right forward, recover onto left
- 3&4 Coaster step on RLR
- 5-6 Rock left forward, recover onto right

FORWARD – LOCK X 4, FORWARD-LOCK 3/4 TURN RIGHT, STEP

1&2& Step right forward, lock left behind right, step right forward, lock left behind right

3&4& Step right forward, lock left behind right, step right forward, lock left behind right

5& Turning 1/4 right step right forward, lock left behind right

6& Turning 1/4 right step right forward, lock left behind right

7& Turning 1/4 right step right forward, lock left behind right

8 Step right forward

(Step on balls of feet for those bouncy movements and stretch both hands out to the sides with slightly bent elbows for the Sumazau style.)
