

And I Rumba

拍數: 80 牆數: 2 級數: Intermediate
編舞者: William Sevone (UK) - October 2009
音樂: And I Love Her - The Beatles : (Album: A Hard Days Night - 2:29)



Dance sequence:- 80 – 32 – 80 – 64

Choreographers note:- This is a SQQ Rumba with extended phrasing, the intimacy of which is emphasised when

performed with Cuban motion.

When danced, the 'Hold' (the 2nd beat of the 'S' (slow)) is a 'follow through' from the previous step or movement.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on vocals ('I...') with a hip push to the left (this only happens once - at the start as an extra step) or alternately – start the dance on count 1 with the word '.. Give..'

Side. Hold. Together. Cross. Side Hip Push. Hold. 2x Hip Push (12:00)

- 1 - 4 Step right to right side. Hold. Step left next to right. Cross right over left.
5 - 8 Stepping left to left side & push hips left. Hold. Push hips right. Push hips left.

Rock. Hold. Recover. Side. Rock. Hold. Recover. Cross (12:00)

- 9 - 12 Rock right behind left. Hold. Recover onto left. Step right to right side.
13 - 16 Rock onto left. Hold. Recover onto right. Cross left over right.

2x 1/4 Back-Hold-Together-Forward (6:00)

- 17 - 20 Turn ¼ left & step backward onto right (9). Hold. Step left next to right heel. Step forward onto right.
21 - 24 Turn ¼ left & step backward onto left (6). Hold. Step right next to left heel. Step forward onto left.

2x 1/4 Back-Hold-Together-Forward (12:00)

- 25 - 28 Turn ¼ left & step backward onto right (3). Hold. Step left next to right heel. Step forward onto right.
29 - 32 Turn ¼ left & step backward onto left (12). Hold. Step right next to left heel. Step forward onto left.

Restart: Short 2nd Wall - start wall 3 (facing 6:00) from this point.

2x 1/4 Side-Hold-3/4 Together-Fwd (12:00)

- 33 - 36 Turn ¼ left & step right to right side (9). Hold. Turn ¾ left & step left next to right. Step forward onto right (12).
37 - 40 Turn ¼ right & step left to left side (3). Hold. Turn ¾ right & step right next to left. Step forward onto left (12).

1/4 Side. Hold. Behind. 1/4 Fwd. Rock. Hold. Recover. Back (12:00)

- 41 - 44 Turn ¼ left & step right to right side (9). Hold. Step left behind right. Turn ¼ right & step forward onto right (12).
45 - 48 Rock forward onto left. Hold. Recover onto right. Step backward onto left.

2x Back-Hold-Cross-Back - see note (12:00)

- 49 - 52 note: Moving backward toward 6:00 – but with body turned diagonal right: Step backward onto right. Hold. Cross left over right. Step backward onto right.
53 - 56 note: Moving backward toward 6:00 – but with body turned diagonal left: Step backward onto left. Hold. Cross right over left. Step backward onto left.

Back-Hold-Cross-Back – see note. 1/2 Forward. Hold. Side. Together (6:00)

- 57 - 60 note: Moving backward toward 6:00 – but with body turned diagonal right: Step backward onto right. Hold. Cross left over right. Step backward onto right.
- 61 - 64 Turn ½ left & step forward onto left (6). Hold. Step right to right side. Step left next to right.

Rumba Box (6:00)

- 65 - 68 Step forward onto right. Hold. Step left to left side, step right next to left.
- 69 - 72 Step backward onto left. Hold. Step right to right side, step left next to right.

Rumba Box (6:00)

- 73 - 76 Step forward onto right. Hold. Step left to left side, step right next to left.
- 77 - 80 Step backward onto left. Hold. Step right to right side, step left next to right.

Dance Finish: To finish facing Home/front wall:

63-Step forward onto right. 64-Pivot ½ left (transferring weight to left & touching right next to left)
