

Kåfjord-Rumba

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Beginner
編舞者: Stine Emilie Nøding Hansen (NOR) - October 2011
音樂: Through These Eyes - Violet Road



Two wall (Turning into a 4 wall dance)

If you have ever been to a Violet Road concert, you have heard them talk about the “Kåfjord Rumba” before they play a song. It is this song, and since I don’t only love, but have fallen in love with both their music and them I figured I would make an easy line dance to this song. Easy, so everybody can join, and mostly because when I hear “Kåfjord” rumba I imagine it would be something danced at the party’s like the ones we have here home in Lyngen when the village get together. And at those occasions you need something that is easy to remember ;p and easy to make your own with your own moves ;)

Rock-recover, pivot ½ turn into shuffle, sway

- 1-2 Right rock, recover on left
- 3-4-5 Pivot ½ to left, going straight into a shuffle (3-4-5) (6 o'clock)
- 6 Touch left foot forward
- 7-8 Sway hips forward to the left

Sway, cross, step, step, ½ rumba box with touch

- 1-2 Sway hips back to the right
- 3 Cross left over right
- 4 Step right next to left on right side of left foot
- 5 Step left foot back
- 6 Hold
- 7 Step right to right side
- 8 Step left next to right
- 1 Touch right foot forward
- 2 Hold

Sway, sway, step pivot ¼

- 3-4 sway hips forward to the right
- 5-6 Sway hips back to the left
- 7 Step right foot forward
- 8 Pivot ¼ to the left (3 o'clock)

Cross, hold, step, hold, ½ rumba box, hold

- 1 Cross right over left
- 2 Hold
- 3 Step left foot forward
- 4 Hold
- 5-6-7 Step right to right side, step left next to right, step right foot backward
- 8 Hold

Pivot ¼ , coaster, hold, unwind ½ turn, touch, side, touch

- 1 Pivot ¼ to left stepping left foot back (at 12 o'clock)
- 2 Step right foot next to left
- 3 Step left foot forward
- 4 Hold
- 5 Unwind ½ turn stepping onto right foot
- 6 Touch left foot next to right
- 7 Step left foot to left side

8 Touch right foot next to left

REPEAT

RESTART: In wall 3 you dance:

Rock-recover, pivot ½ turn into shuffle, sway

- 1-2 Right rock, recover on left
- 3-4-5 Pivot ½ to left, going straight into a shuffle (3-4-5) (6 o'clock)
- 6 Touch left foot forward
- 7-8 Sway hips forward to the left

Sway, cross, step, step, ½ rumba box with touch

- 1-2 Sway hips back to the right
- 3 Cross left over right
- 4 Step right next to left on right side of left foot
- 5 Step left foot back
- 6 Hold
- 7 Step right to right side
- 8 Step left next to right

Then start the dance over from the top.

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