

My Ladies Rhumba

Count: 32 Wall: 2 Beginner

Choreografie: Wanda Heldt

Musik: Hear My Song von Bouke

Intro: Start on Vokal

Walk Forward (r,l,r), Kick, Walk Back (l,r,l), Touch

1-4 Walk forward Right, Left, Right. Kick Left forward

5-8 Walk back Left, Right, Left, Touch Right next to Left

Right & Left-Side, Together, Side, Touch [use hips as you step 'Side- together-side']

1-4 Step Right to Right side, Step Left together, Step Right, Touch Left toe next to Right

5-8 Step Left to Left side, Step Right together, Step Left, Touch Right toe next to Left

Rhumba Box [Basic]

1-2 Step Right to Right side, Step Left next to Right

3-4 Step back on Right, hold (sway hip to right)

5-6 Step forward on left, Step Right next to Left

7-8 Step forward on Left, hold (sway hip to left)

Right Diagonal Hips r,l,r, Hold 1/4 x 2 Paddle Turns Right

1-4 Step Right to Right diagonal and Rock hips Forward, Back, Forward, Hold [Wt.on R]

5-6 Step forward on Left turn 1/4 Right, Recover weight on Right. [3:00]

7-8 Step forward on Left turn 1/4 Right, Touch Right next to Left or Hold [Wt. on L]. [6:00]

To make it a 4 Wall .. [if using as split floor]

5-6 Step forward on Left turn 1/4 Right, Recover weight on Right. [3:00]

7-8 Recover weight on Left, Hold or Touch Right next to Left...

Restart dance... HAVE FUN IN LIFE & IN DANCE

Quelle: copperknob.co.uk