

Rumba One

Description: Beginner: 32 Count: 4 Wall.

Music: One Moment in Time. by Ross Mitchell, His Band & Singers.

Choreographer: Shanthie De Mel, Australia. May 2025.

Intro: 16 Count. Begin on vocals. Rumba rhythm throughout. Q-Q-S. 100 BPM.
No Tags. No Restarts. Left wall rotation. Do your own Rumba styling with plenty of hip & arm action. Feel the beat!

- (1-8) **RUMBA LOCKS DIAGONALLY FORWARD. x2**
1, 2 Step R forward on right diagonal. Lock L to R.
3, 4 Step R forward on right diagonal. Hold.
5, 6 Step L forward on left diagonal. Lock R to L.
7, 8 Step L forward on left diagonal. Hold. (12:00)
- (9-16) **BEHIND. SIDE. ACROSS. HOLD. BEHIND. SIDE. FORWARD. HOLD.**
1, 2 Cross R behind L. Step L to left side.
3, 4 Cross R over L. Hold.
5, 6 Cross L behind R. Step R to right side.
7, 8 Step L forward. Hold. (12:00)
- (17-24) **FORWARD. 1/4 LEFT TURN. FORWARD. HOLD. FORWARD. TURN ½ RIGHT. FWD. HOLD.**
1, 2 Step R forward. Turn 1/4 left on L. (9:00)
3, 4 Step R forward. Hold.
5, 6 Step L forward. Turn ½ right on R. (3:00)
7, 8 Step L forward. Hold. (3:00)
- (25-32) **DO RUMBA WALKS MAKING ½ RIGHT TURN OVER RIGHT SHOULDER.**
1, 2 Turning over right shoulder step R forward. (6:00) Step L forward.
3, 4 Turning over right shoulder step R forward. (9:00). Hold.
5, 6 Step L forward. Step R forward.
7, 8 Step L forward. Hold. (9:00)

Enjoy the dance!