

RUMBA LANKA

Description: New Vogue Partner Sequence Dance. 16 Bar routine. 4/4 Meter. Rhythm: Q-Q-S / 2, 3, 4-1

Music: “ Smokey Places” - Ronnie McDowell (or any Rumba music, 96 -110 BPM)

Choreographer: Shanthie De Mel, Australia. 2013.

Starting position: Danced in a circle, men in the inner. Begin in Closed Hold. Couples moving counter clockwise along LOD. Intro of 32 counts. Start on vocals.

Abbreviations: Q= Quick. S= Slow. R= Right foot. L= Left foot. fwd= forward. Rec= Recover.
LOD= Line Of Dance.

MAN’S STEPS DESCRIBED. (The Lady dances the natural opposite.)

Bar	Count	RUMBA BASIC. 2 NEW YORKERS. SPOT TURN.
1	QQS	Rock L fwd. Rec R. Step L to left side.
2	QQ	Turning 1/4 left rock R fwd. Rec L.
	S	Turning 1/4 right step R to right side to face partner.
3	QQ	Turning 1/4 right rock L fwd. Rec R.
	S	Turning 1/4 left step L to left side.
4	QQS	Turning 1/4 left on R, make full turn to face partner, & taking Double Hold.
		<u>2 SHOULDER TO SHOULDER WITH OUTSIDE CHECKS.</u>
5	QQ	Cross rock L over R. Rec R.
	S	Turning 1/4 left step L to left side.
6	QQ	Cross rock R over L. Rec L
	S	Turning 1/4 right step R to right side, & take Side By Side Hold.
		<u>AIDA. CUBAN ROCKS. 3 CUBAN WALKS. SPOT TURN.</u>
7	QQS	Turning 1/4 left walk back L-R-L
8	QQS	Rock in place R-L-R.
9	QQS	Walk fwd L-R-L, releasing hold.
10	QQS	Turning 1/4 left on R, make a full turn to face partner.
		<u>2 CUCARACHAS.</u>
11	QQS	Rock L to left side. Rec R. Step L together.
12	QQS	Rock R to right side. Rec L. Step R together.
		<u>3 LOCK STEPS ALONG LOD. SPOT TURN ENDING IN CLOSED HOLD.</u>
13	Q	Turning 1/4 left step L fwd along LOD.
	QS	Lock R behind L. Step L fwd.
14	QQS	Step R fwd. Lock L behind R. Step L fwd.
15	QQS	Step L fwd. Lock R behind L. Step L fwd.
16	QQ	Step R fwd. Full turn left on L to face partner.
	S	Step R to right side, ending in Closed Hold.

Please do not alter this step sheet in any way. If you would like to use it on your website, or to teach it on You Tube, ensure it is in its original format.

Copyright © 2013 Shanthie De Mel Australia. All Rights Reserved.