RUMBA LENTA

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Music: “Slow Rumba” Helmut Licht, The Slow CD Track 5 available ITunes and others

Time/Speed: 3:11 as downloaded

Rhythm/Phase: Rumba Phase 4 + 2 (Flirt, Full Natural Top)

Released: April 2017

Footwork: Opposite thru out unless noted

Difficulty: Above Average

Sequence: Intro A, B, C, D, Ending

INTRO:

1-4 RIGHT FOOT FREE FOR BOTH WAIT 2 MEASURES ; ; CIRCULAR SERPIENTE ; ;
1-2 Bfly WALL right foot free for both wait 2 measures;;
3-4 {circular serpiente} Cross R in front, side L, cross R in back, fan L; cross L in back, side R, cross L in front, fan R to face partner and wall;

5-6 OPPOSITION FENCE LINE TWICE ; MAN IN TWO ON SECOND ;
5-6 {opposition fence line} Cross lunge R, recover L, side R, -; cross lunge L, recover R, touch L (side L), -;

PART A:

1-4 OPEN HIP TWIST ; FAN ; HOCKEY STICK ; ;
1 {open hip twist} Fwd L, recover R, close L (back R, recover L, forward R swiveling 1/4 right face on “and” count), -;
2 {fan} Back R, recover L, side R (W fwd L, forward and side R turning LF to face RLOD, bk L leaving right extended forward with no weight), -;
3-4 {hockey stick} Forward L, recover R, close L (W close R to L, fwd L, fwd R in front of M), -; back R, recover L, forward R following the woman (W fwd L RLOD, fwd R DRW turning LF under joined lead hands to face M, back L), -;

5-8 CHECK FORWARD AND LADY DEVELOPE ; AIDA MAN BACKS UP ; SWITCH CROSS ; ONE CUCARACHA ;
5 {check fwd lady develope} Fwd L, -, hold shaping toward W (W bk R, lift L along R leg & extend fwd, -) end LOP fcg DRW, -;
6 {aida man backs up} Bk R [to line], bk L, bk R (W thru L turning LF, side R continuing LF turn, bk L), -;
7 {switch cross} Turn LF to face partner side L checking bringing joined hands thru, rec R, Xif L (W turn RF to face partner side R checking bringing joined hands thru, rec R, Xif R), -;
8 {cucaracha} side R, rec L, close R (W side L, rec R, close L), -;

9-12 OPEN BREAK ; FULL NATURAL TOP ; ; FACE WALL BFLY ;
9 {open break} Rock apart L, recover R, forward and turning side L 1/4 right face closing up to face RLOD, -;
10-12 {natural top} Cross R in back of left, side L, cross R in back of left, -; side L, cross R in back of left, side L, -; cross R in back of left, side L, close R, -;

13-15 NEW YORKER ; AIDA ; SWITCH CROSS ;
13 {new yorker} Step thru L, rec to face R, side L (W step thru R, rec to face L, side R), -;
14 {aida} Thru R [to line] turning RF, side L continuing RF turn, bk R (W thru L turning LF, side R continuing LF turn, bk L), -;
15 {switch cross} Turn LF to face partner side L checking bringing joined hands thru, rec R, Xif L (W turn RF to face partner side R checking bringing joined hands thru, rec L, Xif R), -;
PART B:

1-4  CRAB WALK ENDING HANDSHAKE ;    FULL FLIRT ;    OPPOSITION FENCE LINE LADY SWIVEL TO FACE ;

1  {crab walk} side R, Xif L, side R (side L, Xif R, side L) to handshake, -;
2-3  {flirt} Fwd L, rec R, side L (W bk R, fwd L, fwd turn on R) to right Varsouvienne, -; bk R, rec L, side R (W rock back L, rec R, side L moving in front of M) to end in left Varsouvienne position keeping hand hold, -;
4  {opposition fence line lady swivel} Soften right knee cross L in front, recover R, side L (W soften left cross R in front, recover L, side R swiveling to face partner), -;

5-9  AIDA ;    SWITCH ROCK ;    SPOT TURN ;    ALEMANA ;
5  {aida} Thru R [to line] turning RF, side L continuing RF turn, bk R (W thru L turning LF, side R continuing LF turn, bk L), -;
6  {switch rock} Turn LF to face partner side L checking bringing joined hands thru, rec R, side L (W turn RF to face partner side R checking bringing joined hands thru, rec L, side R), -;
7  {spot turn} Swiveling 1/4 on ball of L step forward R turning LF 1/2, recover L turning 1/4 to face partner, side R, -;
8-9  {alemana} Fwd L, rec R, close L to R raising lead hands high palm to palm (W bk R, rec L, fwd R), -; Bk R, rec L, close L to R (W fwd L turning RF under joined lead hands brushing R to L, fwd R cont RF turn to face M, fwd L to M's R side), -;

10-13  LARIAT ;    HALF BASIC ;    FAN ;
11  {half basic} Fwd L, rec R, side L (W bk R, rec L, side R), -;
12  {fan} Bk R turn body slightly LF, rec L, side R (W fwd L, side and back R sharply turning LF to face RLOD, bk L), -;

14-17  HOCKEY STICK HANDSHAKE ;    SHADOW NEW YORKER TWICE ;
13-14  {hockey stick} Fwd L, rec R, raising joined lead hands high close L to R (W close R to L, fwd R, fwd R in front of M), -; Bk R turning slightly RF, rec L, side R (W fwd L RLOD, fwd R DRW turning LF under joined lead hands to face M, side L) to handshake, -;
15-16  {new yorker} Step thru L, rec to face R, side L (W step thru R, rec to face L, side R), -; Step thru L, rec to face L, side R (W step thru L, rec to face R, side L), -;

PART C:

1-5  TRADE PLACES TWICE ;    OPEN BREAK ;    CRAB WALKS ;
1-2  {trade places} Rock apart L, recover R, step forward L turning RF 1/2, -; rock apart R, recover L, step forward R turning LF 1/2 joining lead hands (rock apart R, recover L turning 1/4 left face in front of man releasing joined right hands to momentary tandem, turning 1/4 left face to face partner side and back right), -;
3  {open break} Rock apart L, recover R, side L, -;
4-5  {crab walks} Xif R, side L, Xif R (W Xif L, side R, Xif L), -; side L, Xif R, side L (W side R, Xif L, side R), -;

6-9  NEW YORKER ;    OPEN HIP TWIST OVERTURNED MAN IN 2 ;    PARALLEL CHASE ;
6  {new yorker} Step thru R, rec to face L, side R (W step thru L, rec to face R, side L), -;
7  {open hip twist overturned man in 2} Check fwd L, rec R, touch L (W bk R, rec L, fwd R toward man with tension in right arm swiveling 1/2 right face on R on count of "and") joining left hands, -;
8-9  {parallel chase} Side L blending to Varsouvienne turning 1/4 RF, rec R, Xif L, -; side R turning 1/2 LF, rec L, Xif R, -;
10-13  LEFT FACE LARIAT ;  LADY TRANSITION ;  OPEN HIP TWIST ;  FAN ;  
10-11  {left face lariat lady transition} In Place L, R, L maintaining both hands joined (W walk 
around M counterclockwise Fwd L, Fwd R, Fwd L), -; In place R, L, R letting go of hands to 
end BFLY WALL (W cont around M Fwd R, Fwd L, Fwd R to face partner, bk L), -; 
12  {open hip twist} Check fwd L, rec R, close L (W bk R, rec L, fwd R toward man with tension 
in right arm swiveling 1/4 right face on R on count of “and”) joining lead hands, -; 
13  {fan} Bk R turn body slightly LF, rec L, side R (W fwd L, forward and side R turning LF to 
face RLOD, bk L leaving right extended forward with no weight), -;

14-16  ALEMANA ; ;  ONE SHOULDER TO SHOULDER ;  
14-15  {alemana} Fwd L, rec R, close L to R raising lead hands high palm to palm (W close R, fwd 
L, fwd R), -; Bk R, rec L, close R to L (W fwd L turning RF under joined lead hands 
brushing R to L, fwd R continuing RF turn to face M, fwd L to M’s R side), -; 
16  {shoulder to shoulder} From butterfly forward L to butterfly sidecar, recover R to face, 
side L, -;

PART D:

1-5  CRAB WALKS ; ;  FENCE LINE ;  BACK SHOULDER TO SHOULDER TWICE 
HANDSHAKE ; ;  
1-2  {crab walks} Xif R, side L, Xif R (W Xif L, side R, Xif L), -; side L, Xif R, side L (W side R, 
Xif L, side R), -; 
3  {fence line} Soften left knee cross R in front, recover L face partner, side R (W soften right 
 knee cross L in front, fwd R continuing RF turn to face partner, side L), -; 
4-5  {back shoulder to shoulder} XLib, rec R, side L (W Xif R, rec L, side R), -; XRib, rec L, 
side R (W Xif L, rec R, side L) to handshake, -;

6-9  START FLIRT ;  FAN ;  START HOCKEY STICK TO TANDEM ;  
OPPOSITION FENCE LINE BACK TO FAN ;  
6  {start flirt} Fwd L, rec R, close L (W bk R, fwd L, fwd turn on R) to right Varsouvienne, -; 
7  {fan} Bk R, rec L, side R (W rk bk L, rec R, side L moving in front of M turning 1/2 RF), -; 
8  {hockey stick to tandem} Fwd L, rec R, close L to R (W close R to L, fwd L, fwd R turning 
1/4 LF to tandem facing wall in front of M), -; 
9  {opposition fence line to fan} Soften left knee cross R in front, recover L, side R (W soften 
right knee cross L in front, recover R, side and bk L turning 1/4 RF), -;

10-13  HOCKEY STICK LADY OVERTURN ; ;  SLOW FORWARD LADY SWIVEL ;  
BACK WALK 3 ;  
10-11  {hockey stick lady overturn} Fwd L, rec R raising joined lead hands, close L (W close R, 
fwd L, fwd R passing under joined lead hands), -; Slightly turning RF bk R, rec L, fwd R (W 
slightly turning LF fwd L toward DRW, fwd L spiraling LF one full turn to face DRW, fwd L) 
end tandem DRW woman in front of M lead hands joined, -; 
12  {forward Lady swivel} Fwd L leading W swivel RF, -, hold shaping toward W (W fwrd R, 
swiveling RF 1/2 on R to face M ronde L clockwise) end LOP facing DRW, -; 
13  {back walk 3} Bk R, bk L, bk R (W fwrd L, fwrd R, fwrdr), -;

14-16  BACK CORTE AND RECOVER FACE WALL ;  CROSS BODY ; ;  
14  {back corte} Bk L closing up and softening knee, -, rec R turning 1/4 LF to face wall (W fwrdr 
softening knee, -, rec L), -; 
15-16  {cross body} Fwd L, rec R, side turn L turning left face leading W fwd (W bk R, rec L, fwrdr 
toward man staying in L-shaped position), -; bk R continuing LF turn, small fwrdr L, side & 
fwrdr R (W fwrdr L commence turn, fwrdr R turning 1/2 left face, side & bk L) end BFLY COH, -;
ENDING:

1-4 OPEN HIP TWIST; FAN; START ALEMANA; THRU AIDA;
1 {open hip twist} Check fwd L, rec R, close L (W bk R, rec L, fwd R toward man with tension in right arm swiveling 1/4 right face on R on count of “and”) joining lead hands, -;
2 {fan} Back R, recover L, side R (W fwd L, forward and side R turning LF to face LOD, bk L leaving right extended forward with no weight), -;
3 {start alemana} Forward L, recover R, side L keeping lead hands low leading woman to turn right face (W close R, rec L, fwd R swiveling 1/4 right face to face M), -;
4 {aida} Thru R [to line] turning RF, side L continuing RF turn, bk R (W thru L turning LF, side R continuing LF turn, bk L), -;

5-7 SWITCH ROCK; FINISH ALEMANA; BACK CORTE;
5 {switch rock} Turn LF to face partner side L checking bringing joined hands thru, rec R, side L (W turn RF to face partner side R checking bringing joined hands thru, rec L, side R), -;
6 {finish alemana} Bk R raising lead hands high palm to palm, rec L, close R to L (W fwd L turning RF under joined lead hands brushing R to L, fwd R continue RF turn to face M, close L), -;
7 {back corte} Bk L closing up and softening knee (W fwd R softening knee), -,-,-;

HEAD CUES
Sequence: Intro A, B, C, D, Ending
Rumba Lenta

Intro
BFLY Wall Right Foot Free for both;; Circular Serpiente;;
Opposition Fence Line Twice; Man in Two on Second;

Part A:
Open Hip Twist; Fan; Hockey Stick;;
Check Forward and Lady Develope; Aida Man Backs Up; Switch Cross; One Cucaracha;
Open Break; Full Natural Top;; Face Wall BFLY;
New Yorker; Aida; Switch Cross;

Part B:
Crab Walk Ending Handshake; Full Flirt;;
Opposition Fence Line Lady Swivel to Face; Aida; Switch Rock;
Spot Turn; Alemana;; Lariat;; Half Basic; Fan;
Hockey Stick; Handshake; Shadow New Yorker Twice;;

Part C:
Trade Places Twice;; Open Break; Crab Walks;;
New Yorker; Open Hip Twist Overturned Man in 2; Parallel Chase;;
Left Face Lariat; Lady Transition; Open Hip Twist; Fan;
Alemana;; One Shoulder to Shoulder;

Part D:
Crab Walks;; Fence Line; Back Shoulder to Shoulder Twice Handshake;;
Start Flirt; Fan; Start Hockey Stick to Tandem; Opposition Fence Line Back to Fan;
Hockey Stick Lady Overtur;; Slow Forward Lady Swivel; Back Walk 3;
Back Corte and Recover Face Wall; Cross Body;;

Ending:
Open Hip Twist; Fan; Start Alemana; Thru Aida;
Switch Rock; Finish Alemana; Back Corte;