VILJA RUMBA

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Music: Special Pressing Vilja (flip Fur Elise) or contact choreographer

Sequence : INTRO – A – A - B – A  - C – END

PHASE VI RUMBA 12/08

Footwork: Opposite, Unless noted (W’s footwork & timing in parentheses)  1.3

Timing: Standard Rumba QQS except where noted

MEAS.   INTRO
1 – 5  OP FAC WALL WT 1 MS TRAIL FT FREE; DIAG BK CUCARACHA; DIAG BK
CUCARACHA X ; UNWIND to FC;
1 – 2  OP FC W NO HDS M’s R & W’s L ft free WAIT 1 MS; [cuca] Rk sd & bk R, rec L, cl R to L,- ;
fc ptr WALL join lead hds, - ;

PART A

1-4 SIDE WALK; THRU SD LUNGE APT (fc rlod); STRETCH to OBLIQUE LINE;
ROLL  3 (bfly):
apt R fc RLOD, - ;
3-4 [oblique in] Continue stretch and hold entire meas while looking at W maintain strong L arm
to give W support for her line (W using the complete measure rise over L leg while pulling R ft
to cross IF of L with pressure on toes of both feet stretching L oblique muscles and using a
strong R hnd for support while leaning upper body fwd M and sweeping L arm up and then
down and out to side); [roll 3] roll LF LOD L, R, L (W RF R, L, R) to BFLY WALL , - ;

5-8 AIDA; HIP RK to fc bfly; CHK THRU & UNWIND; LATIN WHISK (scp):
5-6 [aida] Bfly wall thru R trn, sd L comm RF trn, cont RF trn release M’s R & W’s L hds bk R
end
“V” bk to bk aida pos, - ; [hip rk] Rk L, rec R, fwd L trn LF (W rk R, rec L, fwd R trn RF) to
fc ptr BFLY WALL, - ;
SS 7-8 [ck thru & unwind] XRIF of L, - , release hands slow unwind LF (W XLIF of R, - , slow unwind
RF) to fc ptr, - ; [ latin whisk] XLIB of R , rec R, sd L SCP LOD, - ;

9-12 FAN; CIRCULAR THREE ALEMANAS::;
9 – 10 [fan] Thru R, cl L to R, sd & slightly fwd R (W thru L, fwd R trn LF, sd & bk L to fan pos fc
rlod), - ; [3 circular alemanas] Fwd L, rec R, comm. RF trn sd & slightly fwd L raising lead hds
palm to palm (W cl R, fwd L, fwd R comm trn RF) to end LOP fc M fc DRW, - ;
11-12 [cont 3 circular alemanas] Cont RF trn XRIF of L, cont RF trn sd L, cont RF trn XRIF of L
(W fwd L LOD trn RF under joined lead hds, fwd R RLOD, fwd L LOD) to end LOP FC M FC
COH; Cont RF trn sd & fwd L leading W to trn under, cont RF trn XRIF of L, cont RF trn sd &
slightly bk L (W fwd & across R trn LF under joined lead hds, fwd L RLOD trn LF under joined ld
hds, fwd R COH) end lead hds high M fc WALL;

13-16 FINISH 3 CIRCULAR ALEMANAS; (cp wall) CUDDLE TWICE;; HIP ROCK 2 SLS;
13-14 [fin 3 circular alemanas] Bk R, rec L, small fwd R (W fwd L DLC trn RF under joined ld hds,
fwd R cont RF trn to fc M, fwd L) to fc CP WALL, - [cuddle] cp/wall Sd & slightly fwd L shape
twd ptr, rec R, cl L (W trn RF _ bk L, trn LF _ rec L, sd R) to fc ptr, - ;
15-16 [cuddle] Sd & slightly fwd R shape twd ptr, rec L, cl R (W trn LF _ bk L, trn RF _ rec R,
sd L) to fc ptr, - ; [sl hip rk] Rk L, - , R, - ;
1 – 4

FC WALL BASIC W CURL M TRANS(ss) TO SHAD; SHAD WK 3 TIMES & SWITCH;;;

1-2 [basic curl m trans] Fwd L, -, cl R lead W LF curl (W bk R, fwd L, fwd R curl LF) to shad pos fc LOD both have L ft free; [shad wk] Fwd L LOD, fwd R, fwd L, -;

3-4 [shad wk 2 times & switch] Fwd R, fwd L, fwd R, -; fwd L, fwd R, fwd L swivel RF _ shad pos fc WALL;

5 – 8

SD WK 3; FENCE LN; HIP RK 3; W FAN M 2 SLS TRANS;

5-6 [sd wk] shad wall sd R, cl L, sd R, - ; [fence ln] XLIF of R DRW, rec R, sd L,


9-12

ALEMANA ROPE SPIN;;;

9 – 10 [alemana] Fwd L, rec R, cl L (W cl R, fwd L, fwd R slight RF tm), -; Bk R, rec L, cl R (W fwd L M’s left sd trn _ RF under joined lead hds, fwd R trn _ RF, fwd L M’s right sd), -

11-12 [rope spin] Lead W spiral RF sd R, cl L (W spiral RF fwd R, fwd L, fwd R armd M), - ; sd R, rec L, cl R (W cont armd M fwd R, fwd L to fc ptr), -;

13-16

OPEN OUT SPIRAL TO REV TOP 6;;; HKY STK END;

13-14 [op out spiral] Press L fwd, rec R, XLIF of R raising lead hds to cause W to spiral LF (W swvl _ RF bk R, rec L swvl _ LF, sd R spiraling LF allowing L to XIF of R w/o weight to CP), - ;

[start rev top] Sd R trn LF, XLIF of R, sd fwd R cont trn LF (W fwd L with LF trn, sd R, XLIF of R), - ;


[hky stk end] Bk R, rec L, fwd R (W trn LF fwd L, fwd R trn LF, bk L)end LOP fc WALL, - ;

REPEAT PART A

PART B

PART C

1 – 4

THREE THREES;;;


3-4 [fin 3 three’s] no hds fwd & sd L, rec R, bk L (W bk R, rec L, fwd R trn _ RF to fc ptr), -; Bk R, rec L, fwd R (W L trn RF 1/2, fwd R trn RF _ fc ptr, fwd L) to CP/WALL, -;

5-8

BASIC; CONT NAT TOP 6 FC DLC;; RUDOLPH RONDE BK TO BJO;

5-6 [1/2 basic] Fwd L, rec R, trn RF sd & slightly fwd L (W bk R, rec L, trn RF fwd R), - ; [start cont nat top] Trn RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn XRIB of L toe to heel (W trn RF sd L, cont RF trn XRIB of L, cont RF trn sd L) to loose CP DLC, - ;

7-8 [fin cont nat top] Cont RF trn sd L leading W fwd , cont RF trn XRIB of L toe to heel, cont RF trn sd L (W fwd R trn LF under jnd lead hds, trn RF sd L, cont R trn XRIF of L) to loose CP/DLC; [rudolph ronde bjo] Fwd R between W’s feet keeping L ft bk flex R knee while turning upper body RF, - ; bk L, bk R (W bk L ronde R ft in a CW circular ronde movement while trng RF on L, - ; bk R in SCP, trn LF sd & fwd L) to CBJO/DLW

9-12

SL OUTSD SWVL; FAN; STEP TOG M’S NECK WRAP; M SPN TO FAN;

ss 9-10 [sl outsad swvl] Bk L leave R ft fwd trn hips RF, - ; (W fwd R outsad ptr, - , swvl RF on R)to SCP, - ; [fan] Bk R, rec L, sd & fwd R (W fwd L LOD, fwd R trn LF, cont LF trn bk L) to fan pos, - ;
**Vilja**

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s 11-12  **[tog m's neck wrap]** Sd L twd W raise jnd ld hds w/M’s palm up and M’s L elbow bent and pointed twd Wall then take jnd hds over M’s head slowly lower them to rest on M’s R shoulder W places her L hd on M’s ribcage and M leaves free R hd down at side, - (W sd & fwd R twd M place L hd on M’s ribcage, - ), - ,-;

qqs (s - )

[**m spn to fan**] M in pl spn RF R, R, - (W sd L, to fan hold, - ,)- to fan;

13-16  **[hky stk w/spiral]** Fwd L, rec R, raising jnd lead hds high cl L to R leading W to spiral LF (W cl R to L, fwd L, fwd R in front of M, spiral LF under jnd lead hds), - ; Bk R, rec L, fwd R (W fwd L, fwd R trn LF, cont LF trn bk L), - ;

qqqq 15-16  **[new yorker 4]** Trn RF to LOP RLOD rk thru L, rec R trn LF to fc ptr, rk sd LOD L, rec R;

**[new yorker to _ op]** Trn RF to LOP RLOD rk thru L, rec R trn LF to fc ptr, sd & fwd L to _ OP/LOD,-;

**END**

1-5  **[op in & out runs]** Fwd R, fwd & across W L to fc RLOD, trn to fc LOD in L _ OP fwd R (W fwd L, R, L), - ; Fwd L, R, L (W fwd R, fwd & acrs M L to fc RLOD, trn to fc LOD in L _ OP fwd R), - ;

3-4  **[fan]** Thru LOD R, swvl _ RF cl L to R, sd RLOD R (W thru LOD L, fwd R trn _ LF, sd & bk L) to FAN POS WALL, - ; [**sl hip rk**] Rk L, - , R, - ; **[step tog m's neck wrap]** Repeat meas 11 of Part C hold, - , - , - ;