

RUMBA ONE

HOLD

Normal Ballroom Hold

DIRECTION

Man facing wall, Lady backing wall

STARTING FOOT

Man forward with his left, Lady back with her right foot.

TIME

4 /4 and 16 bar sequence

TEMPO

31 or 32 bpm

Basic (<i>Forward basic left foot for man. Back basic for Lady right foot</i>)	QQS or 2,3,41
Lady underarm turn to R (<i>Alemana</i>)	
Three outside checks (<i>shoulder to shoulder</i>)	
Fencing line	
Spot turn	
Three walks to the centre with handshake hold (<i>right hand to right hand</i>) (<i>Script says it is a curving three step – unlike the video</i>) NOTE: On the dance floor, if the others are going straight back, you must also!	
Three Cuban Rocks	
Three walks to the wall	
2 Cucarachas (<i>first one down the line of dance, second one against the line of dance</i>)	
Chasse along LOD	
6 Rumba walks (QQS QQS)	
Spot turn to start sequence again	

https://www.youtube.com/watch?v=gY4dwG5IBrU&ab_channel=sequencedanceuk

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