

ABELARUMBA



Choreographed by: **CHRIS HODGSON (UK) 9TH Sept-01 01704-879516**
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Suggested Music: **PLACE IN MY HEART.....LIZ ABELLA (112 bpm)**
cd - COOL CITY HEAT or HITS FROM THE JUKEBOX VOL 3
or any cha-cha/rumba of your choice

64 COUNT / INT / 2 WALL LINE DANCE START ON VOCALS (32 count intro)
(please note: this dance is NOT PHRASED to the music --- just dance it!! & add some styling)

1-8 SIDE R-HOLD / CHASSE L / SIDE R-HOLD / STEP-ROCK-FORWARD

1-2 Step Right to Right side, Hold position for one count
3&4 Step Left to Left side, Step Right next to Left, Step Left to Left side
5-6 Step Right to Right side, Hold position for one count
7&8 Step back on Left, Rock weight forward onto Right, Step forward on Left

9-16 1/4 L STEP FWD-HOLD / STEP-ROCK-BACK / BACK-HOLD / STEP-ROCK-FORWARD

&1-2 On ball of Left make 1/4 turn Left *slightly lifting up Right knee*, Step forward on Right, Hold position
3&4 Step forward on Left, Rock back onto Right, Step back on Left
5-6 Step back on Right, Hold position for one count
7&8 Step back on Left, Rock forward onto Right, Step forward on Left

17-24 SIDE R-HOLD / CHASSE 1/4 TURN L / STEP-1/2 TURN / SHUFFLE

1-2 Step Right to Right side, Hold position for one count
3&4 Step Left to Left side, Step Right next to Left, Step Left 1/4 turn Left
5-6 Step forward on Right, Pivot 1/2 turn Left
7&8 Step forward on Right, Lock Left behind Right, Step forward on Right

25-32 CROSS-UNWIND 3/4 R / SIDE-SLIDE / FORWARD-HOLD / 1/4 TURN LEFT-HOLD

1-2 Cross Left over Right, Unwind 3/4 turn Right (*weight ends on Right*)
3-4 Step Left to Left side, Slide Right next to Left (*no weight*)
5-6 Step forward on Right, Hold position for one count
7-8 Step Left 1/4 turn Left, Hold position for one count

33-40 SIDE-HOLD / HIP SWAYS / CROSS-UNWIND 3/4 L / SHUFFLE FORWARD

1-2 Step Right to Right side, Hold position for one count
3&4 Sway hips Left, Sway hips Right, Sway hips Left
5-6 Cross Right over in front of Left, Unwind 3/4 turn Left (*weight ends on Left*)
7&8 Step forward on Right, Lock Left behind Right, Step forward on Right

41-48 FORWARD-HOLD / HIP BUMPS / 1/4 LEFT-HOLD / SIDE-CROSS-SIDE

1-2 Step forward on Left, Hold position for one count
3&4 Bump hips back, Bump hips forward, Bump hips back (*weight ends on Right*)
5-6 Step Left to Left side as you turn 1/4 Left on ball of Right, Hold for one count *lifting R leg slightly up*
7&8 Step Right to Right side, Cross Left over in front of Right, Step Right to Right side

49-56 SIDE-TOG / SHUFFLE FORWARD / SIDE-TOG / SHUFFLE BACK

1-2 Step Left to Left side, Step Right next to Left
3&4 Step forward on Left, Step Right behind Left, Step forward on Left
5-6 Step Right to Right side, Step Left next to Right
7&8 Step back on Right, Step Left next to Right, Step back on Right

57-64 SIDE-SLIDE x 2 / BACK-SLIDE / AND CROSS

1-2 Step Left to Left side, Slide Right toe next to Left (*no weight*)
3-4 Step Right to Right side, Slide Left toe next to Right (*no weight*)
5-6-7 Step diag. back Left on Left, Slide Right next to Left over 2 counts (*no weight*)
&8 Step Right in place, Cross step Left over in front of Right.....**BEGIN AGAIN & ENJOY THIS!!!**