

And I Rumba 2

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Count: 40 **Wall:** 1 **Level:** Beginner

Choreographer: William Sevone , October 2009

Music: "And I love her" (118 bpm)... The Beatles ("A Hard Days Night" - 2:29)

Dance sequence:- 40 - 40 - 32 - 40 - 40 - 40 - 24

Choreographers note:- This is a SQQ Rumba, the intimacy of which is emphasised when performed with Cuban motion.

When danced, the 'Hold' (the 2nd beat of the 'S' (slow)) is a 'follow through' from the previous step or movement.

Ideal for the Beginner who is about to progress to the Advanced Beginner level.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on vocals ('I...') with a hip push to the left (this only happens once - at the start as an extra step)

or alternately - start the dance on count 1 with the word '.. Give..'

Side. Hold. Together. Cross. Side Hip Push. Hold. 2x Hip Push (12:00)

1 - 4 Step right to right side. Hold. Step left next to right. Cross right over left.

5 - 8 Stepping left to left side & push hips left. Hold. Push hips right. Push hips left.

Rock. Hold. Recover. Side. Rock. Hold. Recover. Cross (12:00)

9 - 12 Rock right behind left. Hold. Recover onto left. Step right to right side.

13 - 16 Rock onto left. Hold. Recover onto right. Cross left over right.

2x 1/4 Back-Hold-Together-Forward (6:00)

17 - 20 Turn ¼ left & step backward onto right (9). Hold. Step left next to right heel. Step forward onto right.

21 - 24 Turn ¼ left & step backward onto left (6). Hold. Step right next to left heel. Step forward onto left.

2x 1/4 Back-Hold-Together-Forward (12:00)

- 25 - 28** Turn $\frac{1}{4}$ left & step backward onto right (3). Hold. Step left next to right heel. Step forward onto right.
- 29 - 32** Turn $\frac{1}{4}$ left & step backward onto left (12). Hold. Step right next to left heel. Step forward onto left.

Restart: Short 3rd Wall - start wall 4 from this point.

Rumba Box (12:00)

- 33 - 36** Step forward onto right. Hold. Step left to left side, step right next to left.
- 37 - 40** Step backward onto left. Hold. Step right to right side, step left next to right.

Dance Finish: Count 24 Wall 7 - facing back wall.

To finish facing the 'Home' wall replace counts 21-24 with the following:

- 21 - 24** Step forward onto left. Pivot $\frac{1}{4}$ right (weight on right). Rock onto left. Recover onto right.