

JURASSIC RUMBA

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Rumba Phase 5 +1 (Advanced Alemana) Easy

Music source:

Footwork: Directions to M (W opposite or as noted in italics)

Date Released: 2009

Sequence: Intro ABABA*

INTRODUCTION (1-4)

1-4 WAIT 2 MEAS ;; ALEMANA FROM A FAN ;;

{WAIT ;; } In fan position, lead feet free and lead hands joined ;;

{ALEMANA from a fan ;; } Fwd L, rec R, cl L leading W to trn RF, - ; Bk R, rec L, sd R, - ;
(cl R, fwd L, fwd R with RF swivel toward M's L sd, - ; fwd L to M's L sd trning RF
under joined lead hands, rec R continuing RF trn to face M, sd L, - ;)

PART A (1-16)

1-16 SLOW NAT OPG OUT TO AERIAL RONDE ; CORTE & REC ; 1/2 BAS ; FAN ; HKY STK W/ SPIRAL ON 3 ;; ALEMANA ;; OP BRK TO SHLDR SPIN ;; ADV ALEMANA ;; CL HIP TWST ; CRB WLKS ;; FNC LINE ; [A16* THIRD TIME M FNC LINE & W ROLL TO STORKLINE]

{SLOW NAT OPG OUT TO AERIAL RONDE [SS] ; } M swivel on R stepping fwd & sd L with
partial pressure [press line] using R sd stretch & holding joined lead hands low in front
to lead W to swivel bk, -, rec R with L sd stretch catching W's leg under her bent knee at his L hip with
his L hand, - ;
(swivel RF 1/2 on L and step bk on R, -, rec L swiveling LF to CP while sweeping R leg up in an
aerial ronde to end at M's left hip with R hand on his chest, - ; [optionally the W can floor ronde &
touch R to L]) ;

{CORTE & REC [SS] ; } Lunge bk & sd L with strong R sd to W, -, rec R releasing W's leg, - ;
(holding head up and looking at M shape to M, -, touch R to L, -) ;
[optionally the W can corte R, rec L]

{1/2 BAS ; } Fwd L, rec R, sd L, - ;

{FAN ; } Bk R, leading W to swivel LF rec L, sd R, - ;
(fwd L, swiveling 1/4 LF on L step bk R, bk L with R pointed twd M, - ;)

{HKY STK WITH SPIRAL ON 3 ; ; }

Fwd L, rec R, cl L while leading W to slowly spiral LF under joined ld hds, - ;
bk R looping joined lead hands over W's head, rec L trng RF to DRW, fwd R, - ;
(cl R, fwd L, fwd R slowly spiraling LF over 2 beat of music, - ;
fwd L, fwd R trning LF to face M, sd & bk L, - ;)

{ALEMANA ;; } Fwd L, rec R, cl L leading W to trn RF, - ; Bk R, rec L, sd R, - ;
(bk R, rec L, sd & fwd R with RF swivel toward M's L sd, - ; fwd L to M's L sd trning RF

under joined lead hands, rec R continuing RF trn to face M, sd L, - ;)

{OP BRK TO SHLDR SPIN ; ; } Rk apart L, rec R bringing joined lead hands low, fwd & sd L placing R hand on W's R shoulder & releasing joined hands (*fwd R*), - ;
XRib trning 1/2 RF [hook trn] to face COH with hand on W's R shoulder leading her to spin RF, sd L, fwd R, - ; (*fwd L trning 1/2 RF, bk R trning 1/2 RF, fwd L trning 1/2 RF to face M, - ;*)

{ADVANCED ALEMANA ; ; } Fwd L, rec R, small sd L trning 1/8 RF starting 1/2 RF trn, - ;
XRib continuing trn, sd L continuing trn, cl R, - ;
(*Bk R, rec L, small sd R swiveling RF, - ; fwd L trning 1/2 RF under joined lead hands, fwd R trning 1/2 RF under joined lead hands, continuing trn step fwd & sd L to face M, - ;*)

{CL HIP TWST [QQS] ; } M swivel on R & step fwd & sd L with partial pressure (press line) with R sd stretch while holding joined lead hands low in front to lead W to swivel RF, rec R with L sd stretch to lead W to swivel LF, cl L leading W to swivel RF, - ;
(*swivel RF 1/2 on L and step back on R, rec L swiveling LF to face M, cl R to L & swivel hips RF toward LOD touching L to R, - ;*)

{CRB WLKS ; ; } In loose CP XRif, sd L, XRif, - ; sd L, XRif, sd L, - ;

{FNC LINE ; } In loose CP X lunge R looking L, rec L, sd R, - ;

PART A* THIRD TIME

16 {M FNC LINE & W ROLL TO STORKLINE}

Releasing closed hold X lunge R looking L, rec L, sd R *sweeping R arm down and up*, - ;
(*XLif, sd R trng 1/4 LF, bk L trning to face DRW & raising R to L knee sweeping L arm down and up - ;*)

PART B (1-8)

1-8 1/2 BAS TO FULL NAT TOP ; ; ; BRK BK BOTH SPIRAL ; AIDA ; SWCH RK ; U/A TRN;

{1/2 BAS ; } Fwd L, rec R, sd L starting RF trn, - ;

{FULL NAT TOP ; ; ; } trning RF 2 full rotations XRib trn, sd L trn, XRib trn, - ; sd L trn, XRib trn, sd L trn, - ; XRib trn, sd L trn, cl R, - ;
(*sd L trn, XRif trn, sd L trn, - ; XRif trn, sd L trn, XRif trn, - ; sd L trn, XRif, cl L, - ;*)

{BRK BK BOTH SPIRAL ; } Releasing lead hands XLIB swiveling LF on R to face LOD, fwd R, fwd L spiraling RF to face LOD, - ;

{AIDA ; } Fwd R trning RF, sd L continuing trn, bk R to bk to bk V position, - ;

{SWCH RK ; } Sd L sweeping lead hands thru while swiveling on L to face partner & checking, rk sd R, rk sd L, - ;

{U/A TRN ; } Raising joined lead hands rotate RF to DRW & XRib, rec L to face Wall, sd R, - ;
(*XLif to LOD trng 1/2 under joined lead hands to face RLOD, rec R trning to face M, sd L, - ;*)