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**MUSIC:** MP3 Download Amazon.com "Michelle" Artist: Harold Faltermeyer Orchestra  
**FOOTWORK:** Opposite For Woman Except Where Noted  
**RHYTHM:** RUMBA  
**DANCE LEVEL:** Phase IV+2 (Open Hip Twist & Stop N' Go Hockeystik)  
**SPEED:** 48 RPM  
**RELEASED:** October 2011

**SEQUENCE:** INTRO – A – B – A – C – END

## INTRO

## "FOXTROT" - SQQ

- 1 – 8 **STD OPN FCNG WALL WAIT;; APT PNT; TOG & CLO – SEMI; IN & OUT RUNS;; THRU & FC-CLO; WHISK;**  
**(Apt Pnt)** Bk L-, pnt R twds Ptnr-; **(Tog & Clo – Semi)** Fwd R-, clo L to SEMI diag LOD/COH; **(In & Out Runs)**  
 Fwd R-, cross in frnt of Woman sd & bk L to BJO diag RLOD/WALL, bk R; bk L-, pvt ¼ rt fc bk R, pvt ¼ rt fc fwd L to  
 SEMI diag LOD/COH; **(Woman fwd L-, fwd R, fwd L; fwd R-, pvt ¼ rt fc fwd L, pvt ¼ rt fc fwd R;)**  
**(Thru & Fc-Clo)** Thru R-, trng ¼ rt fc fwd L, clo R to CP diag LOD/WALL; **(Whisk)** Fwd L-, fwd R with slight rise,  
 hook L bhnd trng heads to tight SEMI CP diag LOD/COH;
- 9 – 12 **WEAVE – SEMI;; THRU & FC-CLO; SD-DRW-CLO – HND SHK;**  
**(Weave – Semi)** Thru R-, trng ¼ lft fc fwd L to CP/COH, sd & bk R to BJO RLOD/COH; trng ¼ lft fc sd & bk L to CP  
 diag RLOD/WALL-, trng ¼ lft fc sd & fwd R to CP diag LOD/WALL, fwd L to SEMI diag LOD/WALL; **(Woman thru L-,**  
**trng ½ lft fc sd & bk R to CP, sd & fwd L to BJO; sd & fwd R to CP-, trng ¼ lft fc sd & fwd L, fwd R;)**  
**(Thru & Fc-Clo)** Thru R-, trng 5/8 rt fc fwd L, clo R to CP/WALL; **(Sd-Drw-Clo – Hnd Shk)** Sd L-, drw-clo R to  
 HND SHK/WALL;

## "RUMBA" - QQS

## PART A

- 1 – 6 **OPN HIP TWST; FAN; START ALEMANA FRM FAN; CUCARACHA – TWICE;; FINISH ALEMANA – BTFY;**  
**(Opn Hip Twst)** Fwd L, rcvr R, bk L-; **(Woman trng ¼ rt fc bk R, trng ¼ lft fc rcvr L, fwd-swiv R ¼ rt fc to fc LOD;)**  
**(Fan)** Bk R, rcvr L, clo R to FAN POSITION-; **(Woman fwd L, chngng to lead hnds & trng ½ lft fc sd & bk R, bk L-;)**  
**(Start Alemana Frm Fan)** Fwd L, rcvr R, sd L-; **(Woman clo R to L, fwd L, trng ¼ rt fc fwd R to fc Man-;)**  
**(Cucaracha – Twice)** Sd R, rcvr L, clo R-; sd L, rcvr R, clo L-; **(Finish Alemana – Btfy)** Rlsng trail hnds cross R  
 bhnd, rcvr L, sd R to BTFY/WALL-; **(Woman trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc rcvr R to**  
**BTFY, sd L-;)**
- 7 – 12 **TO RVS AIDA; SWITCH RK; FNCLINE – OPN – LOD; KIKI WLK -3; CIR AWY -3; BK TOG -3 – BTFY;**  
**(To Rvs Aida)** Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 lft fc bk R to "V" bk to bk  
 position, bk L to fc LOD-; **(Switch Rk)** Arcing trail hnds up & twds RLOD trng 5/8 rt fc to fc Ptnr sd R to BTFY/WALL,  
 rcvr L, twds RLOD sd R-; **(Fncline – Opn - Lod)** Staying in BTFY/WALL thru-lunge L, rcvr R, trng ¼ lft fc fwd L to  
 OPN/LOD-; **(Kiki Wlk -3)** With swiv action fwd R, fwd L, fwd R-; **(Cir Awy -3)** Rlsng hnds trng 3/8 lft fc fwd L,  
 clo R, fwd L-; **(Bk Tog -3 - Btfy)** Trng 3/8 lft fc fwd R, clo L, fwd R to BTFY/WALL-;
- 13 – 18 **HND TO HND – TWICE;; BRK BK – OPN – CHK'D; BK ½ BASIC; CIR AWY -3; BK TOG -3 – LDY'S TAMARA;**  
**(Hnd To Hnd – Twice)** Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc  
 bk R, trng ¼ lft fc rcvr L to BTFY/WALL, sd R-; **(Brk Bk – Opn – Chk'd)** Rlsng lead hnds & trng ¼ lft fc bk L, rcvr R,  
 fwd L chk'ng to OPN/LOD-; **(Bk ½ Basic)** Bk R, rcvr L, fwd R to OPN/LOD-; **(Cir Awy -3)** Rlsng hnds trng 3/8 lft fc  
 fwd L, clo R, fwd L-; **(Bk Tog -3 – Ldy's Tamara)** Trng 3/8 lft fc fwd R, clo L, fwd R to LDY'S TAMARA/WALL-;
- 9 – 22 **WHL ½; UNWIND – BTFY – WALL; FNCLINE – TWICE;;**  
**(Whl ½)** Trng ½ rt fc fwd L, fwd R, clo L-; **(Unwind – Btfy – Wall)** Keeping hnds jn'd unwind trng ½ rt fc **(Woman**  
**lft fc)** fwd R, fwd L, clo R to BTFY/WALL-; **(Fncline – Twice)** Staying in BTFY/WALL thru-lunge L, rcvr R, sd L-;  
 thru-lunge R, rcvr L, sd R-;

## "RUMBA" - QQS

## PART B

- 1 – 10 **½ BASIC; FAN; STOP N' GO HCKYSTIK;; ALEMANA FRM FAN;; N-YRKR; SPT TRN; OPN BRK; AIDA;**  
**(½ Basic)** Fwd L, rcvr R, bk L to BTFY/WALL-; **(Fan)** Bk R, rcvr L, clo R with lead hnds jnd to FAN POSITION-;  
**(Woman fwd L, rlsng trail hnds & trng ¼ lft fc sd & bk R, bk L-;)** **(Stop N' Go Hckystik)** Fwd L, rcvr R, clo L-;  
 catch Woman on her back with rt hnd cross R in frnt, rcvr L, clo R to FAN POSITION-; **(Woman clo R, fwd L, trng ½**  
**lft fc undr lead hnds bk R-; bk L, rcvr R, trng ½ rt fc undr lead hnds bk L-;)** **(Alemana Frm Fan)** Fwd L, rcvr R,  
 sd L-; rlsng trail hnds cross R bhnd, rcvr L, sd R to BTFY/WALL-; **(Woman clo R to L, fwd L, trng ¼ rt fc fwd R to fc**  
**Man-; trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc rcvr R to BTFY, sd L-;)** **(N-Yrkr)** Rlsng trail hnds  
 trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L-; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvtng ½ lft fc rcvr L to  
 BTFY/WALL, sd R-; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY/WALL, sd L-;  
**(Aida)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to "V" bk to bk position,  
 bk R to fc RLOD-;
- 11 – 18 **SWITCH; RVS VINE -3; FNCLINE; SPT TRN; HND TO HND – TWICE;; BASIC – HND SHK;;**  
**(Switch)** Arcing lead hnds up & twds LOD trng 5/8 lft fc to fc Ptnr sd L to BTFY/WALL, rcvr R, twds RLOD thru L-;  
**(Rvs Vine -3)** Sd R, cross L bhnd, sd R to BTFY/WALL-; **(Fncline)** Staying in BTFY/WALL thru-lunge L, rcvr R,  
 sd L-; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvtng ½ lft fc rcvr L to BTFY/WALL, sd R-; **(Hnd To Hnd – Twice)**  
 Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L  
 to BTFY, sd R-; **(Basic – Hnd Shk)** Fwd L, rcvr R, diag bk L-; bk R, rcvr L, diag fwd R to HND SHK/WALL-;
- 19 – 22 **FLIRT – VARSOUV; ROLL LDY TO FAN; HCKYSTIK;;**  
**(Flirt - Varsouv)** Fwd L, rcvr R, clo L to RT VARSOUV/WALL-; **(Woman bk R, rlsng hnds & trng ½ lft fc fwd L,**  
**sd R-;)** **(Roll Ldy To Fan)** Bk R, rcvr L, fwd R to FAN POSITION-; **(Woman rlsng rt hnds trng ¾ lft fc fwd L-**  
**sd & bk R chngng to lead hnds jnd, bk L-;)** **(Hckystik)** Fwd L, rcvr R, clo L; bk R, rcvr L, diag out twds BTFY diag  
 RLOD/WALL fwd R-; **(Woman clo R to L, fwd L, fwd R-; fwd L, trng 5/8 lft fc undr lead hnds bk R, L-)**

## REPEAT PART "A"

## PART C

- 1 – 6 **OPN BRK; CRABWLK -3; RONDE – RVS FNCLINE; CRABWLK -3; RONDE – RVS SERPIENTE;;**  
**(Opn Brk)** Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY/WALL, sd L-; **(Crabwlk -3)** Staying in  
 BTFY/WALL thru R, sd L, thru R-; **(Ronde To Rvs Fncline)** Ronde L CW thru L, rcvr R to BTFY/WALL, sd L-;  
**(Crabwlk -3)** Staying in BTFY/WALL thru R, sd L, thru R-; **(Ronde To Rvs Serpiente)** Trng ½ rt fc fan L CW  
 thru L, sd R, cross L bhnd, flair R bhnd no wgt-; cross R bhnd, sd L, thru R, flair L no wgt to SEMI/RLOD-;
- 7 – 12 **RUMBA RK -3; CIR AWY -3; BK TOG -3 – BTFY; SD-DRW-TCH; HND TO HND – TWICE;;**  
**(Rumba Rk -3)** Rk fwd L, rcvr R, rk fwd L-; **(Cir Awy -3)** Rlsng hnds trng 3/8 rt fc fwd R, clo L, fwd R-;  
**(Bk Tog -3 - Btfy)** Trng 3/8 rt fc fwd L, clo R, fwd L to BTFY/WALL-; **(Sd-Drw-Tch)** Sd R-, drw-tch L-;  
**(Hnd To Hnd – Twice)** Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc  
 bk R, trng ¼ lft fc rcvr L to BTFY, sd R-;

## END

- 1 – 5 **BASIC;; OPN BRK; AIDA & HOLD;;**  
**(Basic)** Fwd L, rcvr R, diag bk L-; bk R, rcvr L, diag fwd R-; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm straight  
 up, rcvr R to BTFY/WALL, sd L-; **(Aida & Hold)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds &  
 trng 5/8 rt fc bk L to "V" bk to bk position, bk R to fc RLOD-; hold raising rt arm straight upward-;