

My Blue Heaven Rumba

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CD: "Only You" Harry Connick Jr. Track #4 My Blue Heaven

Available @ walmart.com



Rhythm: Rumba

Phase: III

Sequence: Intro A-B-C-A-Brg-B-C-A-B-C-END

Sequence: Opposite for Woman (except where noted)

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INTRO

- 1-4 **BFLY FC WALL--WAIT; WAIT; CIRC AWY & TOG (Bfly);;**
1-2 (Wait) Bfly position fcg ptr & wall--ld feet free--2 measures;;
3-4 (Circ Away & Tog) separating from partner and moving away in a circular pattern ~curve L fc toward the COH ~ fwd, fwd, fwd, -;
continuing circular pattern toward partner fwd, fwd, fwd to Bfly wall, -;
- 5-8 **CUCA L & R;; BASIC;;**
5-6 (Cuca L & R) sd L with just partial weight & foot rotation on the ball of the foot, rec R, cls L, -;
sd R with just partial weight & foot rotation on the bal of the foot, rec L, cls R, -;
7-8 (Basic) fwd L, rec R, sd L, -; bk R, rec L, sd R, -;
- 9-12 **FNC LN; CRB WLKS;; SPT TRN;**
9 (Fnc Ln) in bfly XLIF lunge thru with bent knee looking RLOD, rec R trng to fc partner, step sd L, -;
10-11 (Crb Wlks) XRIF, sd L, XRIF, -; sd L, XRIF, sd L, -;
~Body from waist up remains facing partner. Crossing step commences with the knee leading causing the lower body to swivel toward Line of Progression. Side step is taken with lower body facing partner.~
12 (Spt Trn) XRIF commence 1/2 trn on R foot, rec L complete trn to fc partner, step side R, -;
- 13-20 **PEEK-A-BOO CHASE DBL;:;:;:;:**
13 (Peek-a-boo Chase Dbl) fwd L trng sharply 1/2 R fc to Tandem ~man in front~, rec R, fwd L, (bk R, rec L, fwd R,) -;
14-15 sd R looking over L shldr, rec L, cls R, -; sd L looking over R shldr, rec R, cls L, -;
16 fwd R trng sharply 1/2 L fc to Tandem ~lady in front~, rec L, fwd R, -;
17-18 sd L looking over R shldr, rec R, cls L, -; sd R looking over L shldr, rec L, cls R, -;
19-20 fwd L, rec R, back L, (fwd R Trng sharply 1/2 L fc to fc partner, rec L, fwd R,) -; bk R, rec L, fwd R, -;

PART A

- 1-4 **OP BRK; WHP; NY 2X;;**
1 (Op Brk) fc wall rock apart strongly on L to LOFP while extending free arm up with palm out, rec on R lowering free arm, sd L, -;
2 (Whp) bk R commence 1/4 L fc trn, rec fwd L trng 1/4 to complete trn, sd R, (fwd L outside M on his L sd, fwd R commence 1/2 L fc trn, side L,) -;
3-4 (NY 2X) fc COH step thru to LOP with straight leg to side by side position, rec R to fc partner, sd L to Bfly, -;
step thru to OP with straight let to side by side position, rec L to fc partner, sd R to Bfly, -;
- 5-8 **OPN BRK; WHIP; FNC LN 2X;;**
5 (Op Brk) fc COH rock apart strongly on L to LOFP while extending free arm up with palm out, rec on R lowering free arm, sd L, -;
6 (Whp) bk R commence 1/4 L fc trn, rec fwd L trng 1/4 to complete trn, sd R, (fwd L outside M on his L sd, fwd R commence 1/2 L fc trn, side L,) -;
7-8 (Fnc Ln 2 X) in bfly XLIF lunge thru with bent knee looking RLOD, rec R trng to fc partner, step sd L, -;
XRIF lunge thru with bent knee looking LOD, rec L trng to fc partner, step sd R, -;

PART B

- 1-4 **SPT TRN 2X;; START CHASE;;**
1-2 (Spt Trn 2 X) XLIF commence 1/2 trn on L foot, rec R complete trn to fc partner, step side L, -;
XRIF commence 1/2 trn on R foot, rec L complete trn to fc partner, step side R, -;
3-4 (Start Chase) Fwd L commence 1/2 R fc trn, rec fwd R, fwd L, (bk R w/ no trn, rec L, fwd R,) -;
fwd R commence 1/2 L fc trn, rec fwd L, fwd R, -;
- 5-8 **FINISH CHASE;; SHLDR-SHLDR 2X;;**
5-6 (Finish Chase) fwd L, rec R, back L, (fwd R commence 1/2 L face trn, rec fwd L, fwd R,) -; bk R, rec L, fwd R, -;
7-8 (Shldr - Shldr 2X) from Bfly fwd L to Bfly Sdcr, rec R to fc, sd L, -; fwd R to Bfly Bjo, rec L to fc, sd R, -;

PART C

- 1-4 **HALF BASIC; UNDRARM TRN (to his R Shldr); LARIAT;;**
- 1 (Half Basic) fwd L, rec R, sd L, -;
- 2 (Undrarm Trn) raising joined lead hands trn body slightly R fc to XRIB, rec L squaring body to wall bring partner to R shldr, sd R,
(XLIF under joined lead hands commence 1/2 R fc trn, rec R complete R fc trn to partner R Shldr, sd L,) -;
- 3-4 (Lariat) step in place L, R, L, (Circle man clock wise w/ joined lead hands fwd R, fwd L, fwd R,) -;
step in place R, L, R, (fwd L, fwd R, sd L ending facing man,) -;
- 5-8 **FNC LN; CRAB WLKS;; SPOT TRN;**
- 5 (Fnc Ln) in bfly XLIF lunge thru with bent knee looking RLOD, rec R trng to fc partner, step sd L, -;
- 6-7 (Crb Wlks) XRIF, sd L, XRIF, -; sd L, XRIF, sd L, -;
~Body from waist up remains facing partner. Crossing step commences with the knee leading causing the lower
body to swivel toward RLOD. Side step is taken with lower body facing partner.~
- 8 (Spt Trn) XRIF commence 1/2 trn on R foot, rec L complete trn to fc partner, step side R, -;

BRIDGE

- 1-4 **BRK BK (OP LOD); PROG WLK 3;**
- 1 (Brk Bk) swvl sharply on R foot step back on L to OP LOD, rec R, fwd L, -;
- 2-4 (Prog wlk 3) fwd R, fwd L, fwd R, -;
- 5-8 **SLDG DR 2X;; CIRC AWY & TOG (Bfly);;**
- 5-6 (Sldg Dr 2X) rk apt L, rec R releasing hands, XLIF chng sds, -; rk apt R, rec L releasing hands, XRIF chng sds, -;
~both fc same direction W XIF of M both times~
- 7-8 (Circ Away & Tog) separating from partner and moving away in a circular pattern ~curve L fc toward the COH ~ fwd, fwd, fwd, -;
continuing circular pattern toward partner fwd, fwd, fwd to Bfly wall, -;

END

- 1-2 **SHLDR-SHLDR 2X;;**
- 1-2 (Shldr - Shldr 2X) from Bfly fwd L to Bfly Sdcr, rec R to fc, sd L, -: fwd R to Bfly Bjo, rec L to fc, sd R, -;
- 3-4 **HALF BASIC to a WRAP; STEP BK LOWER & HOLD;**
- 3 (Half Basic to a Wrap) fwd L, rec R, sd L, (bk R, fwd L commence 1/2 L fc trng, sd R,) -;
~retain trail hand hold at waist level as W makes L fc trn to face the same direction as the man, resulting in wrapping the W
L arm in front of her waist and M right arm behind her waist. Join the free outside hands in front at chest height.~
- 4 (Step Bk Lower & Hold) bk R, slightly bending knees lower down point L sd & hold, -;