

# RUMBA LENTA



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**Music:** "Slow Rumba" Helmut Licht, The Slow CD Track 5 available iTunes and others

**Time/Speed:** 3:11 as downloaded

**Rhythm/Phase:** Rumba Phase 4 + 2 (Flirt, Full Natural Top)

**Released:** April 2017

**Footwork:** Opposite thru out unless noted

**Difficulty:** Above Average

**Sequence:** Intro A, B, C, D, Ending

## INTRO:

- 1-4 RIGHT FOOT FREE FOR BOTH WAIT 2 MEASURES ; ; CIRCULAR SERPIENTE ; ;**  
1-2 Bfly WALL right foot free for both wait 2 measures;;  
3-4 {circular serpiente} Cross R in front, side L, cross R in back, fan L; cross L in back, side R, cross L in front, fan R to face partner and wall;
- 5-6 OPPOSITION FENCE LINE TWICE ; MAN IN TWO ON SECOND ;**  
5-6 {opposition fence line} Cross lunge R, recover L, side R, -; cross lunge L, recover R, touch L (*side L*), -;

## PART A:

- 1-4 OPEN HIP TWIST ; FAN ; HOCKEY STICK ; ;**  
1 {open hip twist} Fwd L, recover R, close L (*back R, recover L, forward R swiveling 1/4 right face on "and" count*), -;  
2 {fan} Back R, recover L, side R (*W fwd L, forward and side R turning LF to face RLOD, bk L leaving right extended forward with no weight*), -;  
3-4 {hockey stick} Forward L, recover R, close L (*W close R to L, fwd L, fwd R in front of M*), -; back R, recover L, forward R following the woman (*W fwd L RLOD, fwd R DRW turning LF under joined lead hands to face M, back L*), -;
- 5-8 CHECK FORWARD AND LADY DEVELOPE ; AIDA MAN BACKS UP ; SWITCH CROSS ; ONE CUCARACHA ;**  
5 {check fwd lady developpe} Fwd L, -, hold shaping toward W (*W bk R, lift L along R leg & extend fwd, -*) end LOP fcg DRW, -;  
6 {aida man backs up} Bk R [to line], bk L, bk R (*W thru L turning LF, side R continuing LF turn, bk L*), -;  
7 {switch cross} Turn LF to face partner side L checking bringing joined hands thru, rec R, Xif L (*W turn RF to face partner side R checking bringing joined hands thru, rec L, Xif R*), -;  
8 {cucaracha} side R, rec L, close R (*W side L, rec R, close L*), -;
- 9-12 OPEN BREAK ; FULL NATURAL TOP ; ; FACE WALL BFLY ;**  
9 {open break} Rock apart L, recover R, forward and turning side L 1/4 right face closing up to face RLOD, -;  
10-12 {natural top} Cross R in back of left, side L, cross R in back of left, -; side L, cross R in back of left, side L, -; cross R in back of left, side L, close R, -;
- 13-15 NEW YORKER ; AIDA ; SWITCH CROSS ;**  
13 {new yorker} Step thru L, rec to face R, side L (*W step thru R, rec to face L, side R*), -;  
14 {aida} Thru R [to line] turning RF, side L continuing RF turn, bk R (*W thru L turning LF, side R continuing LF turn, bk L*), -;  
15 {switch cross} Turn LF to face partner side L checking bringing joined hands thru, rec R, Xif L (*W turn RF to face partner side R checking bringing joined hands thru, rec L, Xif R*), -;

**PART B:****1-4 CRAB WALK ENDING HANDSHAKE ; FULL FLIRT ; ; OPPOSITION FENCE LINE LADY SWIVEL TO FACE ;**

- 1 {crab walk} side R, Xif L, side R (*side L, Xif R, side L*) to handshake, -;
- 2-3 {flirt} Fwd L, rec R, side L (*W bk R, fwd L, fwd turn on R*) to right Varsouvienne, -; bk R, rec L, side R (*W rock back L, rec R, side L moving in front of M*) to end in left Varsouvienne position keeping hand hold, -;
- 4 {opposition fence line lady swivel} Soften right knee cross L in front, recover R, side L (*W soften left knee cross R in front, recover L, side R swiveling to face partner*), -;

**5-9 AIDA ; SWITCH ROCK ; SPOT TURN ; ALEMANA ; ;**

- 5 {aida} Thru R [to line] turning RF, side L continuing RF turn, bk R (*W thru L turning LF, side R continuing LF turn, bk L*), -;
- 6 {switch rock} Turn LF to face partner side L checking bringing joined hands thru, rec R, side L (*W turn RF to face partner side R checking bringing joined hands thru, rec L, side R*), -;
- 7 {spot turn} Swiveling 1/4 on ball of L step forward R turning LF 1/2, recover L turning 1/4 to face partner, side R, -;
- 8-9 {alemana} Fwd L, rec R, close L to R raising lead hands high palm to palm (*W bk R, rec L, fwd R*), -; Bk R, rec L, close R to L (*W fwd L turning RF under joined lead hands brushing R to L, fwd R cont RF turn to face M, fwd L to M's R side*), -;

**10-13 LARIAT ; ; HALF BASIC ; FAN ;**

- 9-10 {lariat} In place step L, step R, step L (*W fwd R, fwd L, fwd R*), -; step R, step L, step R (*W fwd L, fwd R, side L*) end BFLY WALL, -;
- 11 {half basic} Fwd L, rec R, side L (*W bk R, rec L, side R*), -;
- 12 {fan} Bk R turn body slightly LF, rec L, side R (*W fwd L, side and back R sharply turning LF to face RLOD, bk L*), -;

**14-17 HOCKEY STICK HANDSHAKE ; ; SHADOW NEW YORKER TWICE ; ;**

- 13-14 {hockey stick} Fwd L, rec R, raising joined lead hands high close L to R (*W close R to L, fwd L, fwd R in front of M*), -; Bk R turning slightly RF, rec L, side R (*W fwd L RLOD, fwd R DRW turning LF under joined lead hands to face M, side L*) to handshake, -;
- 15-16 {new yorker} Step thru L, rec to face R, side L (*W step thru R, rec to face L, side R*), -; Step thru R, rec to face L, side R (*W step thru L, rec to face R, side L*), -;

**PART C:****1-5 TRADE PLACES TWICE ; ; OPEN BREAK ; CRAB WALKS ; ;**

- 1-2 {trade places} Rock apart L, recover R, step forward L turning RF 1/2, -; rock apart R, recover L, step forward R turning LF 1/2 joining lead hands (*rock apart R, recover L turning 1/4 left face in front of man releasing joined right hands to momentary tandem, turning 1/4 left face to face partner side and back right*), -;
- 3 {open break} Rock apart L, recover R, side L, -;
- 4-5 {crab walks} Xif R, side L, Xif R (*W Xif L, side R, Xif L*), -; side L, Xif R, side L (*W side R, Xif L, side R*), -;

**6-9 NEW YORKER ; OPEN HIP TWIST OVERTURNED MAN IN 2 ; PARALLEL CHASE ; ;**

- 6 {new yorker} Step thru R, rec to face L, side R (*W step thru L, rec to face R, side L*), -;
- 7 {open hip twist overturned man in 2} Check fwd L, rec R, touch L (*W bk R, rec L, fwd R toward man with tension in right arm swiveling 1/2 right face on R on count of "and"*) joining left hands, -;
- 8-9 {parallel chase} Side L blending to Varsouvienne turning 1/4 RF, rec R, Xif L, -; side R turning 1/2 LF, rec L, Xif R, -;

- 10-13 LEFT FACE LARIAT ; LADY TRANSITION ; OPEN HIP TWIST ; FAN ;**
- 10-11 {left face lariat lady transition} In Place L, R, L maintaining both hands joined (*W walk around M counterclockwise Fwd L, Fwd R, Fwd L*), -; In place R, L, R letting go of hands to end BFLY WALL (*W cont around M Fwd R, Fwd L, Fwd R to face partner, bk L*), -;
- 12 {open hip twist} Check fwd L, rec R, close L (*W bk R, rec L, fwd R toward man with tension in right arm swiveling 1/4 right face on R on count of "and"*) joining lead hands, -;
- 13 {fan} Bk R turn body slightly LF, rec L, side R (*W fwd L, forward and side R turning LF to face RLOD, bk L leaving right extended forward with no weight*), -;
- 14-16 ALEMANA ; ; ONE SHOULDER TO SHOULDER ;**
- 14-15 {alemana} Fwd L, rec R, close L to R raising lead hands high palm to palm (*W close R, fwd L, fwd R*), -; Bk R, rec L, close R to L (*W fwd L turning RF under joined lead hands brushing R to L, fwd R continuing RF turn to face M, fwd L to M's R side*), -;
- 16 {shoulder to shoulder} From butterfly forward L to butterfly sidecar, recover R to face, side L, -;
- PART D:**
- 1-5 CRAB WALKS ; ; FENCE LINE ; BACK SHOULDER TO SHOULDER TWICE HANDSHAKE ; ;**
- 1-2 {crab walks} Xif R, side L, Xif R (*W Xif L, side R, Xif L*), -; side L, Xif R, side L (*W side R, Xif L, side R*), -;
- 3 {fence line} Soften left knee cross R in front, recover L face partner, side R (*W soften right knee cross L in front, recover R face partner, side L*), -;
- 4-5 {back shoulder to shoulder} XLib, rec R, side L (*W Xif R, rec L, side R*), -; XRib, rec L, side R (*W Xif L, rec R, side L*) to handshake, -;
- 6-9 START FLIRT ; FAN ; START HOCKEY STICK TO TANDEM ; OPPOSITION FENCE LINE BACK TO FAN ;**
- 6 {start flirt} Fwd L, rec R, close L (*W bk R, fwd L, fwd turn on R*) to right Varsouvienne, -;
- 7 {fan} Bk R, rec L, side R (*W rk bk L, rec R, side L moving in front of M turning 1/2 RF*), -;
- 8 {hockey stick to tandem} Fwd L, rec R, close L to R (*W close R to L, fwd L, fwd R turning 1/4 LF to tandem facing wall in front of M*), -;
- 9 {opposition fence line to fan} Soften left knee cross R in front, recover L, side R (*W soften right knee cross L in front, recover R, side and bk L turning 1/4 RF*), -;
- 10-13 HOCKEY STICK LADY OVERTURN ; ; SLOW FORWARD LADY SWIVEL ; BACK WALK 3 ;**
- 10-11 {hockey stick lady overturn} Fwd L, rec R raising joined lead hands, close L (*W close R, fwd L, fwd R passing under joined lead hands*), -; Slightly turning RF bk R, rec L, fwd R (*W slightly turning LF fwd L toward DRW, fwd R spiraling LF one full turn to face DRW, fwd L*) end tandem DRW woman in front of M lead hands joined, -;
- 12 {forward Lady swivel} Fwd L leading W swivel RF, -, hold shaping toward W (*W fwd R, swiveling RF 1/2 on R to face M ronde L clockwise*) end LOP facing DRW, -;
- 13 {back walk 3} Bk R, bk L, bk R (*W fwd L, fwd R, fwd L*), -;
- 14-16 BACK CORTE AND RECOVER FACE WALL ; CROSS BODY ; ;**
- 14 {back corte} Bk L closing up and softening knee, -, rec R turning 1/4 LF to face wall (*W fwd R softening knee, -, rec L*), -;
- 15-16 {cross body} Fwd L, rec R, side turn L turning left face leading W fwd (*W bk R, rec L, fwd R toward man staying in L-shaped position*), -; bk R continuing LF turn, small fwd L, side & fwd R (*W fwd L commence turn, fwd R turning 1/2 left face, side & bk L*) end BFLY COH, -;

**ENDING:****1-4 OPEN HIP TWIST ; FAN ; START ALEMANA ; THRU AIDA ;**

- 1 {open hip twist} Check fwd L, rec R, close L (*W bk R, rec L, fwd R toward man with tension in right arm swiveling 1/4 right face on R on count of "and"*) joining lead hands, -;
- 2 {fan} Back R, recover L, side R (*W fwd L, forward and side R turning LF to face LOD, bk L leaving right extended forward with no weight*), -;
- 3 {start alemana} Forward L, recover R, side L keeping lead hands low leading woman to turn right face (*W close R, rec L, fwd R swiveling 1/4 right face to face M*), -;
- 4 {aida} Thru R [to line] turning RF, side L continuing RF turn, bk R (*W thru L turning LF, side R continuing LF turn, bk L*), -;

**5-7 SWITCH ROCK ; FINISH ALEMANA ; BACK CORTE ;**

- 5 {switch rock} Turn LF to face partner side L checking bringing joined hands thru, rec R, side L (*W turn RF to face partner side R checking bringing joined hands thru, rec L, side R*), -;
- 6 {finish alemana} Bk R raising lead hands high palm to palm, rec L, close R to L (*W fwd L turning RF under joined lead hands brushing R to L, fwd R continue RF turn to face M, close L*), -;
- 7 {back corte} Bk L closing up and softening knee (*W fwd R softening knee*), -, -, -;

**HEAD CUES**

Sequence: Intro A, B, C, D, Ending  
**Rumba Lenta**

**Intro**

**BFLY Wall Right Foot Free for both;; Circular Serpiente;;  
 Opposition Fence Line Twice; Man in Two on Second;**

**Part A:**

**Open Hip Twist; Fan; Hockey Stick;;  
 Check Forward and Lady Develope; Aida Man Backs Up; Switch Cross; One Cucaracha;  
 Open Break; Full Natural Top;; Face Wall BFLY;  
 New Yorker; Aida; Switch Cross;**

**Part B:**

**Crab Walk Ending Handshake; Full Flirt;;  
 Opposition Fence Line Lady Swivel to Face; Aida; Switch Rock;  
 Spot Turn; Alemana;; Lariat;; Half Basic; Fan;  
 Hockey Stick; Handshake; Shadow New Yorker Twice;;**

**Part C:**

**Trade Places Twice;; Open Break; Crab Walks;;  
 New Yorker; Open Hip Twist Overturned Man in 2; Parallel Chase;;  
 Left Face Lariat; Lady Transition; Open Hip Twist; Fan;  
 Alemana;; One Shoulder to Shoulder;**

**Part D:**

**Crab Walks;; Fence Line; Back Shoulder to Shoulder Twice Handshake;;  
 Start Flirt; Fan; Start Hockey Stick to Tandem; Opposition Fence Line Back to Fan;  
 Hockey Stick Lady Overturn;; Slow Forward Lady Swivel; Back Walk 3;  
 Back Corte and Recover Face Wall; Cross Body;;**

**Ending:**

**Open Hip Twist; Fan; Start Alemana; Thru Aida;  
 Switch Rock; Finish Alemana; Back Corte;**