

Vilja Rumba

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Record: Contact Choreographer

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Sequence: Intro A B A(1-16) C Ending

Footwork: Directions for Man (Woman opposite except where noted)

Phase: VI International Rumba (Note: Dance may be danced on the
4&1 timing if desired, therefore increasing the difficulty.)

Intro

1-4 WAIT; ARM CIRCLE; FENCELINE; SPOT TURN;

1. (Wait) Man to RLOD in open facing position arms at side- when music begins slightly raise arms away from side;
2. (Arm Circle) Both man & lady circle arms inward around then up & out to side;
3. (Fenceline) No hands joined fwd & across L checking with flexed knee to COH, rec R, sd L to end to partner & RLOD, settle into left hip; (W: Fwd & across R with flexed knee to COH, rec L, sd R to end to partner & LOD, settle into right hip;)
4. (Spot Turn) Fwd & across R toward WALL commencing lfc trn, fwd L continuing lfc trn, sd R toward COH finishing lfc trn to to partner & RLOD, settle into right hip; (W: Fwd & across L toward WALL commencing rfc trn, fwd R continuing rfc trn, sd L toward COH finishing rfc trn to to partner & LOD, settle into left hip;)

Part A

1-4 OPEN HIP TWIST; FAN (TO FC); NEW YORKER; NEW YORKER WITH ARMS;

1. (Open Hip Twist) With lead hands joined rk fwd L, rec R, close L to R bracing left arm at side waist level, settle into left hip; (W: Bk R, small step fwd L, fwd R feeling pressure on right arm from man's braced left arm trn sharply rfc 3/8 trn folding free left arm across body waist level, settle into right hip;)
2. (Fan to fc) Bk R, rec L commencing 1/4 lfc trn, sd R twd RLOD finishing 1/4 lfc trn to end to partner & WALL, settle into right hip; (W: Fwd L, fwd R delay 1/2 lfc trn until after weight has been taken, sd L twd RLOD to end to partner & COH, settle into left hip;)
3. (New Yorker) Turning 1/4 rfc/fwd L toward RLOD with lead hands joined free right arm diagonally up & out to right sd, rec R commence 1/4 lfc trn, sd L toward LOD finish 1/4 lfc trn to to WALL & partner, settle into left hip; (W: Turning 1/4 lfc/fwd R toward RLOD with lead hands joined free left arm diagonally up & out to left sd, rec L commence 1/4 rfc trn, sd R toward LOD finish 1/4 rfc trn to to COH & partner, settle into right hip;)

4. (New Yorker with Arms) With lead joined fwd R XIF of L toward LOD trng upper body 1/8 lfc bring free right arm upward in a circle until above head pointing toward LOD, rec L trng upper body 1/8 rfc to fc partner; sd R to fc WALL bring right arm diagonally down across front of body, settle into right hip; (W: With lead hands joined fwd L XIF of R toward LOD trng upper body 1/8 rfc bring free left arm in a circle until above head pointing toward LOD, rec R trng upper body 1/8 lfc to fc partner, sd L to fc COH bring left arm diagonally down across front of body, settle into left hip;)

5-8 NEW YORKER; SPOT TURN; HAND TO HAND WITH SPIRAL; AIDA;

5. Repeat Measure 3, Part A;
6. Repeat Measure 4, Intro;
7. (Hand to Hand with Spiral) Turning 1/4 lfc/bk L to right side by side position right joined with partner left arm extended diagonally up & out, rec R commencing 1/4 rfc trn, sd L to LOD finishing 1/4 rfc trn release joined hand, spiral 3/4 rfc allowing R to cross loosely in front no weight to fc LOD; (W: Turning 1/4 rfc/bk R to right side by side position left hand joined with partner right arm extended diagonally up & out, rec L commencing 1/4, sd R to LOD finishing 1/4 lfc trn release joined hand, spiral 3/4 lfc on R allowing L to cross loosely in front no weight to fc LOD;)
8. (Aida) Fwd R LOD, fwd L delay 1/2 rfc trn until weight has been taken, bk & slightly sd R joining left hand with partner body trn 1/8 rfc to end diagonally back to back "V" position right arm up & out to end fc RLOD, settle into right hip; (W: Fwd L LOD, fwd R delay 1/2 lfc trn until weight has been taken, bk & slightly sd L joining right hand with partner body trn 1/8 lfc to end diagonally back to back "V" position left arm up & out to end fc RLOD, settle into L hip;)

9-12 ROCK THREE WITH ARM ACTION; SPOT TURN; HALF BASIC; FAN;

9. (Rock Three with Arm Action) Rk fwd on extended L settling strongly into left hip bring right arm in toward body back of wrist leading, rk bk R settling strongly into right hip bring right arm diagonally down elbow leading rotating back of wrist down, rk fwd L delaying 1/4 lfc trn until weight has been taken to fc partner & WALL inside edge of right foot pointed sd to RLOD right arm down at right sd, settle into left hip; (W: Rk fwd on extended R settling strongly into right hip bring left arm in toward body back of wrist leading, rk bk L settling strongly into left hip bring left arm diagonally down elbow leading rotating back of wrist down, rk fwd R delaying 1/4 rfc trn until weight taken to fc partner & COH inside edge of left foot pointed sd to RLOD left arm down at left sd, settle into right hip;)
10. Repeat Measure 4, Intro]

11. (Half Basic) In paso doble hold (loose closed) fwd L, rec R, sd & slightly bk L fc WALL, settle into left hip; (W: Bk R, small fwd L, sd & slightly fwd R fc COH, settle into right hip;)
12. (Fan) Bk R commencing to bring left arm back to lead fan, rec L finishing left arm back with elbow at waist palm up, sd R extending left arm sd & slightly fwd to fc WALL, settle into R hip; (W: Fwd L, fwd R outside next to man's left foot delaying 1/4 lfc trn until weight is taken, bk L 1/8 lfc upper body trn to fc DRW, settle into left hip;)

13-16 THREE ALEMANAS; ; ; ;

- 13-16. (Three Alemanas) Fwd L, rec-R bring left arm in CW arc up in front of body palm out arm held slightly braced to lead lady to alemana, settle into left hip; Keeping left arm over lady's head BK R, rec L, close R to L, settle into right hip; Rk sd L, rec R, close L to R, settle into left hip; Continue keeping left arm over lady's head Rk bk R, rec L, close R to L changing to right to right hand hold high-left to left hand hold low ending to fc WALL, settle into right hip; (W: Close R to L trng upper body 1/8 rfc to RLOD & partner, fwd L, fwd R delay 3/8 rfc trn until weight has been taken to end fc DCL, settle into right hip; Fwd L under joined right hand trng 1/2 rfc to fc DWR, fwd R trng 1/2 rfc to end fc partner & COH, bk & sd L trng 1/4 rfc to end DLW right hand joined above head in front of body, settle into left hip; Sd & fwd R trng 1/4 lfc to fc partner, spin 1 1/4 lfc on L to fc DCL, small sd R, settle into right hip; Fwd L under joined right hand trng 1/2 rfc to fc DWR, fwd R trng 3/8 rfc to end fc partner & COH, fwd & slightly sd L, settle into left hip;)

17-20 ADVANCED HIP TWIST; STEP SWIVELS WITH LADY SPIRAL;

ROPE SPIN (Lady Fold to Skaters--Man Transition):

17. (Advanced Hip Twist) Fwd L slight rfc upper body trn, rec R commence very slight lfc upper body trn. XLIB of R continue lfc trn keeping upper body well toward lady keep raised joined right hands up & over lady's head until second step of lady's footwork is completed then bring right hands down to waist level, settle into left hip; (W: Trng 1/2 rfc on L bk R, rec L trng 1/2 lfc, fwd R outside man's right side trng 3/8 rfc to end fc DWL with joined hands at waist level, settle into right hip;)
18. (Step Swivels with Lady Spiral) Bk R, rec L, small fwd R keep hands joined sweep toned arms from right to left then left to right in a figure "8", release left hand & raise right arm as lady spirals settle into right hip; (W: Fwd L trng 1/2 lfc to fc DWR, fwd R trng 1/4 rfc to fc LOD, sd & fwd L spiral 3/4 rfc release left hand & raising right arm to end fc COH, settle into left hip;)

19-20. (Rope Spin Lady Fold to Skaters--Man Transition)
Releasing right hands Rk sd L, rec R, close L to R,
settle into left hip; Rk bk R, rec L, touch R to L end in
skaters fc DLW left hands joined free right arm extended
toward DWR, settle into left hip; (W: Dragging right
hand around man's shoulder & neck throughtout first five
steps fwd R circling rfc behind man, fwd L continuing
rfc circle, fwd R continue rfc circle to fc WALL on man's
left side, settle into right hip; Fwd L still circling
rfc, fwd R continuing rfc circle, fwd L trng 1/2 rfc to
end fc DLW in shadow skaters left hands joined free
right arm extended toward DWR, settle into left hip;)

21-24 CRABWALKS; ; SHADOW FENCELINE; SPOT TURN;

21-22. (Crabwalks) Toward LOD with left shoulder leading XRIF
of L, sd L, XRIF of L, settle into right hip; Sd L, XRIF
of L, settle into left hip; (W: Same footwork as Man;)

23. (Shadow Fenceline) Fwd & sd XRIF of L checking with flexed
knee toward LOD, rec L trng 1/8 rfc to fc WALL, touch
R to L, settle into left hip; (W: Fwd & sd XRIF of L
checking with flexed knee toward LOD, rec L, sd R toward
RLOD trng 1/2 rfc to fc COH & partner, settle into right
hip;)

24. Repeat Measure 4, Intro join lead hands fc WALL;

25-28 OPEN HIP TWIST (Lady Spins): FAN; STOP & GO HOCKEY STICK;
ALEMANA;

25. (Open Hip Twist Lady Spins) Rk fwd L, rec R, close L to R
bracing left arm waist level at side, settle into left
hip; (W: Bk R, small step fwd L, fwd R feeling pressure
on right arm from man's braced left arm free spin on R
1 1/4 rfc to end DLW with right hand joined & left
wrapped across body slightly above waist level, settle
into right hip **NOTE: IF DESIRED REPLACE SPIN WITH 3/8
RFC TRN AS IN STANDARD OPEN HIP TWIST;)

26. Repeat Measure 12, Part A;

27. (Stop & Go Hockey Stick) Rk fwd L, rec R, sd L bringing
joined hand CCW up & over lady's head, settle into left
hip; (W: Close R to L trng upper body 1/8 rfc, fwd L,
fwd R trng 3/8 lfc to fc DWL, settle into right hip;)

28. (Alemana) Rk bk R, rec L, close R to L, settle into right
hip to end CP fc WALL; (W: Fwd L trng 1/4 rfc to fc
WALL, fwd R trng 1/2 rfc to fc partner & COH, fwd &
slightly sd L to CP COH, settle into left hip;)

29-32 ADVANCED HIP TWIST; CIRCULAR HIP TWIST;; FAN (to face);

29. Repeat Measure 17, Part A;

30 & 31. (Circular Hip Twist) In small tight lfc trng circle keep upper body toward lady and left arm braced as in a hip twist bk up R, L, R to fc COH, settle into right hip; Continue backing lfc circle L, R, L, settle into left hip to end fc DWR; (W: Fwd L trng 1/4 lfc hip twist action, fwd R trng 1/4 rfc hip twist action, fwd L trng 1/4 lfc hip twist action to fc WALL, settle into left hip; Fwd R trng 1/4 rfc hip twist action, fwd L trng 1/4 lfc hip twist action, fwd R trng 1/4 rfc hip twist action to end fc WALL, settle into right hip;)

32. Repeat Measure 2, Part A;

Part B

1-4 HALF CURL; WALK OUT THREE & TURN; RIGHT FACE TURN (to BNJO);
THREE OF NATURAL TOP (Lady Spiral);

1. (Half Curl) Rk fwd L, rec R, close L to R raise joined hand up & over lady's head leading her to trn lfc, release hands & settle into left hip; (W: Bk R, rec L, fwd R trng 1/2 lfc to fc WALL left arm wrapped in front of body slightly above waist level, release hands & settle into right hip;)
2. (Walk Out Three & Turn) Rk bk R, rec L, fwd R trng 1/4 lfc to fc LOD, settle into right hip; (W: Fwd L, fwd R, fwd L trng 1/2 rfc leaving right foot extended fwd to fc COH & partner, settle into left hip;)
3. (Right Face Turn to BNJO) Commencing rfc trn XLIF of R, rec to R continuing rfc trn, fwd L toward WALL finishing 1 3/8 rfc trn to end contra BNJO DRW; (W: Rotating 1 1/4 rfc trn fwd R, fwd L, fwd R toward partner to end contra BNJO DCL, settle into right hip;)
4. (Three of Natural Top Lady Spiral) XRIB of L commencing 5/8 rfc trn, sd L continuing rfc trn, close R to L finishing rfc trn raise left arm up over head with strong right upper body sway to lead lady to spiral, settle into right hip to fc LOD; (W: Sd L commencing 5/8 rfc trn, XRIF of L continuing rfc trn, sd L finishing rfc trn, spiral 7/8 rfc on L allowing R to cross loosely in front no weight keep right hand joined with man's left to fc RLOD;)

5-8

BACKWALK THREE BOTH TURN; BACK WALK THREE LADY TURN; FORWARD TO FACE CROSS & SIDE; ZIG ZAG THREE (Man Swivels to Counter Promenade);

5. (Backwalk Three Both Turn) Keeping right arm extended across lady's back Bk L, bk R, bk L trng 1/2 rfc left hand joined with lady-right arm extended out to side settle into left hip; (W: Fwd R, fwd L, fwd R-trng 1/2 rfc keep right-hand joined with man-left arm extended out across man to fc LOD, settle into right hip;)
6. (Back Walk Three Lady Turn) Bk_R, bk L, bk R keeping left hand joined with lady allowing lady-to turn under as in alemāna, settle into right hip; (W: Fwd L, fwd R, fwd L trng 1/2 rfc under joined right-hand to end LOP fc RLOD, settle into left hip;)
7. (Forward to Face Cross & Side) Fwd L trng 1/4 lfc to fc WALL & partner, XRIF of L, sd L trng upper body 1/4 rfc to end contra SDCAR DWR, settle into left hip; (W: Fwd R trng 1/4 rfc to fc COH & partner, XLIF of R, sd R trng upper body 1/4 rfc to end contra SDCAR DCL, settle into right hip;)
8. (Zig Zag Man Swivels to Counter Promenade) Toward LOD XRIB of L, sd L, XRIF of L swiveling on R to unwind legs so that left is extended toward LOD end BFLY looking RLOD, settle into right hip; (W: XLIF of R, sd R, XLIB of R, settle into left hip;)

9-12

FENCELINE (With Optional Spin); SIDE WALK; ROCK THREE; FENCELINE (With Optional Spin);

9. (Fenceline with Optional Spin) Fwd XLIF of R checking with flexed knee to RLOD, rec R, sd L to fc partner & WALL, spin on L one revolution lfc to end fc partner & WALL **NOTE: IF SPIN IS NOT DESIRED AFTER TAKING SD L TO FC PARTNER & WALL, SETTLE INTO LEFT HIP; (W: Fwd XRIF of L checking with flexed knee to RLOD, rec L, sd R to fc partner & COH, spin on R one revolution rfc to end fc partner & COH **NOTE: IF SPIN IS NOT DESIRED AFTER TAKING SD R TO FC PARTNER & COH, SETTLE INTO RIGHT HIP;)
10. (Side Walk) Toward RLOD Sd R, close L to R, sd R, settle into right hip;
11. (Rock Three) In place rk sd L settling strongly into left hip, rk sd R settling strongly into right hip, rk sd L settling strongly into left hip, continue settling into left hip;
12. (Fenceline with Optional Spin) Fwd XRIF of L checking with flexed knee to LOD, rec L, sd R to fc partner & WALL, spin on R one revolution rfc to fc partner & WALL; (W: Fwd XLIF of R checking with flexed knee to LOD, rec R, sd L to fc partner & COH, spin on L one revolution lfc to fc partner & COH;)

- 13-16 SIDE WALK; ALEMANA; ADVANCED HIP TWIST; FAN;
 13. (Side Walk) Twd LOD Sd L, cls R to L, sd L, settle into left hip;
 14. Repeat Measure 16, Part A to end CP WALL;
 15. Repeat Measure 17, Part A;
 16. Repeat Measure 12, Part A;

(REPEAT PART A-SUBSTITUTE MEASURES 1 & 2 AS FOLLOWS)

- 1-2 HOCKEY STICK; ;
 1-2. Fwd L, rec R, cls L to R, settle into left hip; Bk R commence 1/8 rfc trn, fwd L twd DWR, fwd & sd R, settle into right hip to fc WALL; (W: Cls R to L trng upper body 1/8 rfc, fwd L, fwd R trng upper body to look twd partner, settle into right hip; DWR fwd L, fwd R trng 5/8 lfc to fc partner, bk L, settle into left hip;)

Part C

- 1-4 THREE THREES; ; ; ;
 1-4 (Three Threes) Fwd L, rec R, cls L to R, settle into left hip; Rk sd R, rec L, cls R to L settle into right hip; Rk fwd L trng upper body 1/8 rfc left arm extended fwd right arm extended up & out, rec R, cls L to R, settle into left hip; Rk bk R, rec L, fwd R to blend to loose CP fc WALL, settle into right hip; (W: Bk R, small fwd L, fwd R trng 1/2 rfc as in hip twist, settle into right hip; Rk sd L, rec R, cls L to R, spin on L one revolution lfc to fc WALL; Rk bk R extending left arm fwd right arm up & out, rec L, cls R to L, spin on R one revolution rfc to fc WALL; Fwd L trng 1/2 rfc to fc COH, fwd R, fwd L blending to loose CP, settle left hip;)
 NOTE: SPINS ARE INTEGRAL PART OF THIS FIGURE HOWEVER IF DESIRED SPIN IN SECOND MEASURE MAY BE ELIMINATED & SPIN IN THIRD MEASURE MAY BE 1/2 INSTEAD OF FULL, THEN FOURTH MEASURE DANCE STANDARD ALEMANA.

- 5-8 ADVANCED HIP TWIST; FAN; HOCKEYSTICK (Overturned); ;
 5. Repeat Measure 17, Part A;
 6. Repeat Measure 12, Part A;
 7-8. Repeat Measures 1 & 2, Part A Second Time See Option;
 8. (HockeyStick Overturned) Dance Normal HockeyStick Ending; (W: Optional Ending for HockeyStick-DWR fwd L, fwd R trng lfc one revolution to fc DWR joined lead hands behind back, small fwd L, swivel 1/2 rfc on L to fc DLC;)

- 9-12 HALF CURL; FOOT SWIVELS (Lady to Fc); ; SPOT TURN;
 9. Repeat Measure 1, Part B;
 10-11. (Foot Swivels; Lady to Fc) Lead hands joined above lady's head rk sd L, rec R, cls L to R, settle left hip; Rk sd R, rec L, cls R to L, settle right hip; (W: Sd L swiveling 1/4 rfc, sd R swivel 3/8 lfc, sd L swivel 3/8 rfc; settle left hip; sd R swivel 3/8 lfc, sd L swivel

- 3/8 rfc, sd R trng 1/2 rfc to fc partner & COH, settle right hip;)
12. Repeat Measure 6, Part A;
- 13-16 CUCARACHAS w/ARMS;; EXPLOSION (Lady Roll to Wrap Skaters);
CRAWWALK THREE;
- 13-14 (Cucarachas w/Arms) Rk sd L left arm circles CCW, rec R, cls L to R, settle left hip; Rk sd R right arm circles CW, rec L; cls R to L, settle right hip;
15. (Explosion Lady Roll to Wrap Skaters) Trng 1/4 lfc rk sd L left arm circles CCW, rec R, cls L to R, settle left hip; (W: Trng 1/4 rfc rk sd R-right arm circles CW, rec L, XRIF of L trng one revolution lfc like spiral keep man's right lady's left joined, cls L to R to end wrapped position skaters;)
16. Repeat Measure 21, Part A Moving twd DCL;

Ending

- 1-4 LADY TO LEFT SIDE; WALK AROUND SIX (Lady Spirals);; SHADOW
FENCELINE & SHAPE;
1. (Lady to Left Side) Rk sd L releasing right hand, rec R, cls L to R, settle left hip; (W: Fwd L commencing lfc circle around man, fwd R, fwd L end fc RLOD on man's left side, settle left hip;)
- 2-3. (Walk Around Six Lady Spirals) Rk sd R, rec L, cls R to L, settle right hip; Rk sd L, rec R, cls L to R, settle left hip; (W: Fwd & sd R spiral 3/4 lfc, fwd L continue lfc circle around man, fwd R fc WALL behind man, settle right hip; Fwd & sd L spiral 3/4 rfc, fwd R finishing lfc circle around man, sd L moving to shadow position in front of man no hands joined, settle left hip;)
- NOTE: SPIRAL ACTION IS OPTIONAL IF DESIRED MAY DANCE WALKAROUND AS SIX FWD STEPS AROUND MAN.
4. (Shadow Fenceline & Shape) Fwd & sd XRIF of L twd DLC checking with flexed knee locking twd DWR, slowly change sway from locking DWR to DLC, finishing shaping as music fades; (W: Same footwork as Man;)