

ONE MORE RUMBA

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SEQUENCE: INTRO AB A(9-16) C AB A(9-16) C END Release date 6/99 **SPEED**
38/39

INTRODUCTION

1 – 4 **BK TO BK POS MAN FCG COH BOTH WITH L FT FREE WAIT 1 MEAS;**

CUCARACHAS W/ARMS TWICE;-: CUCARACHA TURN LF MAN GO 4;

1 - Bk to bk pos M fcg COH both w/L ft free wait 1 meas;

2 - {**Cucaracha's w/arms**} Push sd L, rec R, cl L,- (start arm sweep by raising L arms straight up over head

then sweep arms around CCW ¼ & return to normal pos);

3 - Push sd R, rec L, cl R,- (start arm sweep by raising R arms straight up over head then sweep arm around

CW ¼ & return to normal pos);

4 - {**Cucaracha trn LF M go 4**} Push sd L, rec R, cl L spinning ½ LF, cl R (W push sd L, rec R, cl L spinning

½ LF, tch R); {Repeat arm action of meas 2} Now on opposite footwork.

PART A

1 – 4 **ALEMANA W SPIRAL;-: to ROPE SPIN OVERTURNED TO SHADOW;-:**

1-2 {**Alemana W Spiral**} Fwd L, rec R, cl L raising jnd ld hds,- (W bk R, rec L, fwd R twd M comm RF trn,-);

Bk R lding W to trn under jnd ld hds, rec L, cl R extending L sd of body to lead W to spiral RF,- (W fwd L across body & trn RF under jnd ld hds, fwd R cont trng RF, sd & fwd L to M's R sd & spiral RF full trn under jnd ld hds,-);

3-4 {**Rope Spin**} Push sd L, rec R, cl L,- (W fwd R,L,R around M beh back,-); Push sd R, rec L, cl R,- (W cont

RF circle around Man L,R,L trn RF ½,-) to end in shad pos L/L hds jnd & M's R hd on W's R shld blade with

W to M's R sd both fcg WALL);

5 – 8 **ADV SLIDING DOOR;-: START ADV SLIDING DOOR LADY SPIRAL TO FOOT SWIVELS 4;-:**

5-6 {**Adv Slid Door**} Fwd L in press line, rec R fc WALL, XLIBR,- (W trn RF bk R, rec L, fwd R trn LF,-); Flex L knee extend R ft RLOD trn body LF draw R to L no wgt, small fwd R trn RF outsd Lady's L sd,- (W sd L trn body LF & sweep R hd twd LOD, rec R, bk L trn RF to shad fc WALL,-);

7 {**Start Adv Slid Door L Spiral**} Fwd L body trn to rt, rec R fc WALL, cl L & ld Lady to spiral LF to end in front of M now fcg WALL retain L/L hds over Lady's head,-;

8 {**Foot Swvls**} Rk sd R, L, R, L (W fwd L twd LOD swvl RF, fwd R twd RLOD swvl LF, fwd L twd LOD swvl RF, fwd R twd RLOD swvl LF);

9-12 **FAN; CURL; AIDA; HIP ROCKS SWIVEL TO FACE;**

8 {**Fan**} Bk R, rec L, sd R,- (W fwd L twd LOD trn LF, sd & bk R cont trn, bk L to fc RLOD,-);

9 {**Curl**} Fwd L, rec R lding Lady to trn LF ¼ under left arm to fc LOD, sd & fwd L,- (W cl R to L, fwd L, fwd R trng ½ LF to fc LOD,-);

8 {**Aida**} Fwd R, fwd L trng RF ½, bk R to fc RLOD,-;

9 {**Hip Rks 3 to Fc**} Rk L, rk R, rk L swvl LF to fc ptr & WALL,-;

13-16 **FENCE LINE (LADY SPIN-M TRANS); SAMEFOOT LUNGE; TELESPIN ENDING; FCG FAN;**

8 {**Fence Line-Lady Spin-M trans**} Thru R twd LOD, rec L maintain ld hds to fc Wall in CP, tch R,- (W

thru L, rec R comm LF spin, small sd L cont spin to fc ptr,-);

8 {**Samefoot Lunge SS**} Flexing L knee slide R sd & slightly fwd,-, shifting full wgt to R sway rt

- look at W,-
(W flexing L knee slide R bk well under body,-, shifting full wgt onto R ft trning body to left & looking left,-);
- 8 {**Telespin End &QOS**} Swvl LF on R lding W to rec to fc/rec L comm LF trn, sd R around W cont LF
trn, sd & fwd L,- (W rec L trng LF to fc M/bk R comm LF trn, cl L cont LF trn, sd & fwd R,-) end in
SCP fcg LOD:
- 8 {**Fcg Fan**} Bk R, rec L trng LF, sd & fwd R fc LOD ld hds jnd,-;

PART B

1 – 4 CIRCULAR 3 ALEMANAS TO CUDDLES POS:-:-:-

- 1-2 {**Circular 3 Alemanas**} Fwd L, rec R, sd & bk L comm RF trn raising jnd ld hds,-(W bk R, rec L, fwd R comm RF trn, -); XRIB lding W to trn RF under jnd ld hds, trng RF sd L, XRIF,- (W XLIF trng RF under jnd ld hds, fwd R cont RF trn, sd & fwd L,-) to end in LOFP M fcg RLOD;

ONE MORE RUMBA(Continued)

Page 2 of 2

- 3-4 {**Cont Circular 3 Alemanas**} Sd & fwd L cont RF trn lding W to trn LF under jnd hds, XRIB, sd & fwd L,- (W XRIF trng LF under jnd hds, fwd L cont trn, sd & fwd R,-) to end in LOFP M fcg DLW; Bk R trng slightly RF leading W to trn RF under jnd ld hds, rec L, cl R,-(W XLIF trng RF under jnd hds, fwd R cont trn, sd L to fc ptr,-) to end in loose CP M fcg WALL;
- 5– 8 CUDDLES THREE TIMES:-:-: BODY ROLL LADY SPIRAL WRAPPED POS;
5-7 {**Cuddles**} Sd L slight body trn RF extend L hd up & out, rec R body trn LF, cl L loose CP WALL,-; Sd R body slight trn LF ext rt hd up & out, rec L body trn RF, cl R,-; Sd L body slight trn RF ext lf hd up & out, rec R body trn LF, cl L to CP WALL,-; (W trn RF sd & bk R ext rt arm out, rec L trn LF, sd R small stp,-; Trn LF sd & bk L ext lf arm out, rec R trn Rf, sd L sml stp,-; Trn RF sd & bk R ext rt arm out, rec L trn LF, Sd R sml stp,-;)
- 8 {**Body roll & Spiral SS**} In CP sway left roll body CCW from waist,-, bring ld hds over lady's head trn her LF bring hds down no wgt chg,-; (W sway rt roll body CCW from waist,-, spiral LF on R fc DLW WRP,-;)

REPEAT A (9-16)

PART C

1-4 (LOD) OPEN HIP TWIST OVERTRND TANDEM; CUCARACHA; BALLERINA WHEEL FC WALL:-;

- 1 {**Op Hip Twist ovrtrn Tandem**} Fwd L, rec R, cl L bracing L arm to ld W swvl RF,- (W bk R, rec L, fwd R twd M & swvl RF ½ on R to fc LOD in front of M,-);
- 2 {**Cucaracha**} Push sd R, rec L, cl R arms out to sd blend to VARS POS,-;
- 3-4 {**Ballerina Wheel QQS QQS W hold 2 meas**} in vars pos fwd L, R, L,-; Fwd R, L, R circle RF walking W arnd to fc WALL,-;
- 5-8 ADV NAT OPENING OUT; to CROSS HAND LUNGE/SIT LINE; ADV NAT OPENING OUT LADY

SPIRAL; HOCKEY STICK END:

5 { **Adv Nat Op Out** } Vars Wall fwd L to press line lding W to trn RF by extend jnd rt hds above W's head & ext
jnd left hds low, rec R, XLIB of R,- (W trng RF on L bk R twd COH, rec L trng LF, sd R to fc ptr,-);
6 { **X Hd Lunge/sit Line & Rec** } Lead W to trn RF under jnd rt hds then left hds [lt hds on top] flex L
knee ext R
RLOD to end in lt lunge line fcg W, rise L trng W LF under jnd left hds then rt hds, fwd R,- (W trn RF
on R under
Jnd hds stp bk L & lower leaving R extended fwd twd RLOD to end in sit line fcg RLOD, rec R trng LF
to fc
WALL, bk L,-) end in original VARS POS;
7 { **Nat Op Out Lady Spiral** } Fwd L to press line lding W to trn RF, rec R, bk L lead W to spiral LF &
release hds,-
(W swvl RF on L bk R, rec L, fwd R spiral LF full trn,-) end in shadow WALL W in front of M;
8 { **H.S End** } Bk R, rec L, fwd R,- (W fwd L, fwd R trng LF, sd & bk L,-) end LOFP WALL;

REPEAT A & B

REPEAT A (9-16)

REPEAT C TO END CP WALL

ENDING

1-4 **CIRCULAR HIP TWISTS:-:- ALEMANA ENDING OVERTURNED TO SHADOW:**

1-3 { **Circu Hip Twists** } Fwd L, rec R, XLIB of R,-; Sd & bk R making 1/8 LF trn ld W to swvl LF, XLIB of
R trng
& bking LF ld W to swvl LF, sd & bk R trng LF ld W to swvl LF,-; XLIB of R trng LF ld W to swvl
RF, sd & bk
R trng left lead W to swvl LF, cl L,- (W swvl on L stp bk R trng 1/2 RF, rec L comm LF trn, fwd R
outsd ptr
completing 5/8 LF trn,-; Swvl 1/2 RF stp fwd L, swvl 1/2 LF stp fwd R, swvl 1/8 RF stp fwd L,-; Swvl 1/2
LF
stp fwd R, swvl 1/8 RF stp fwd L, swvl 1/2 LF stp fwd R to fc,-);
4 { **Alemana End to Shad** } Bk R, rec L, cl R overtrn Lady to shad,- (W XLIF of R under jnd ld hds trng 1/2
RF, rec
R cont RF trn to fc WALL & bk L,-) to end in shad lady to M's R sd left hds jnd & M's R hd on W's
L hip;

5-8 **MOD ADV SLIDING DOOR W/CUCARACHA:-: MOD ADV SLIDING DOOR W/CUCARACHA:-:**

5-6 { **Mod Adv sliding Door w/Cuca** } Fwd L, rec R, XLIB of R; Sd R release hds & place left hd on W's L
hip
rt hd out to sd, rec L, XR fwd in front of L to rt shadow,- (W bk R, rec L, XRIF of L; Sd L, rec R, XLIB
with cucaracha action,-)
7-8 REPEAT MEAS 5-6 OF ENDING

9+ **START ADV SLIDING DOOR SWIVEL LADY TO FC; LOWER TO OVERSWAY;**

9 + { **Start Adv Slid Door Swvl L to fc** } Press L fwd, rec R, cl L & swvl Lady LF to fc placing R hd on
W's
waist (W's R hd on M's left shld) both ext left hds out to the side,-; Lower on ld ft to oversway
line,