

Rumba Calienta



Composers: Kenji & Nobuko Shibata, 820 Ryan Place #144, Pleasant Hill, CA 94523
(510) 609 - 7801

Record: Roper 251 "Cuando Calienta El Sol"

Phase: VI Rumba

Sequence: Intro A B Inter A B C

Suggested Speed: 40 RPM

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Meas.

INTRO

- 1 - 4 WAIT; SHADOW FENCING; ARM SWING CCW; X BODY (W TRANS) TO FAN;**
1 (Shadow Pos/Wall, M bhnd W, M's hnds at W's waist, W's hnds wrap her body, both wgt on R, L extended sd pointing LOD) Wait 1 meas;
SS 2-3 XLIF comm swinging M's L & W's both arms down then up M's R hnd kept at W's waist, -, cont
QQS swinging arms up to shlder level look R, -; Swing M's & W's L arms CCW down, cont swing arms across body then above head, slowly retrn to shlder level, -;
QQS 4 Rec R, cl L leading W X body, sd R, - (W rec R, fwd L comm trng LF/cont trng LF sd & fwd R, bk L (W QQ&S) twd LOD) end in Fan Pos/Wall, -;

PART-A

- 1 - 4 ALEMANA;; HAND TO HAND (W SPIRAL ENDING); PROG WALK 3;**
QQS 1-2 (Fan/Wall) Fwd L, rec R, cl L to R raising jnd hnds to lead W trn RF, - (W cl R to L, fwd L, fwd R trng RF to fc M, -); Bk R, rec L, sd R, - (W fwd L, R, L trng RF under jnd lead hnds, -) end in Bfly/Wall momentarily;
QQS 3 Release lead hnds trng LF on R bk L in OP/LOD, rec R jng lead hnd above head, fwd L leading W spiral LF (W fwd R & spiral LF full trn under lead hnd) end in Shadow/LOD, -;
QQS 4 Walk fwd R, L, R, -;
- 5 - 8 M ROLL ACROSS (W SPIRAL LF); W ROLL ACROSS; PROG WALK 3; UNDERARM TRN;**
QQS 5 (Shadow/LOD) Fwd L trng RF crossing IF of W, cont trn RF sd & fwd R, fwd L, - (W fwd R small stp & spiral LF, fwd L, R, -) end in Lft Half OP/LOD;
QQS 6 Fwd R, L, R leading W roll across, - (W fwd L trng RF crossing IF of M, cont trn RF sd & fwd R, fwd L, -) end in Shadow/LOD;
QQS 7 Walk fwd L, R, L, -;
QQS 8 Fwd R raising jnd L hnds to lead W trn RF, rec L, sd R changing hnds to join M's L & W's R hnds, - (W fwd L trng RF, rec R, sd L, -) end in CP/Wall;
- 9 -12 FWD BASIC; NAT TOP with SPIRAL ENDING; ROPE SPIN;;**
QQS 9 (CP/WALL) Fwd L, rec R, sd & bk L trng slightly RF end in CP/DRW, -;
QQS 10 Trng RF XRIB, sd & fwd L, cl R to L leading W spiral RF, - (W fwd L, R, L & spiral RF on L under jnd lead hnd, -) end in Sd-by-Sd Pos/Wall M's R hnd at W's bk waist (W fcg COH);
QQS 11-12 Sd L pressure stp, rec R putting jnd hnd on R shoulder and release, cl L, - (W walk around beh M R, L, R leaving R hnd around his neck to end M's L sd, -) end in LOP/Wall no hnd jnd; Bk R, rec L, fwd R, - (W walk fwd L, R, L trng RF to fc M, -) end in X hndhold R hnd held high above head L hnd held low at waist level;
- 13-16 ADV OPENING OUT TO R; SWITCH TO L LUNGE LINE (W SIT LINE) & FC; ADV OPENING OUT W SPIRAL; SPIRAL ENDING;**
QQS 13 (X Handhold/Wall, R hnd held high L hnd held low) Fwd L leading W trn RF by extending jnd R hnds sd above W's head extending jnd L hnds fwd, rec R, XLIB of R, - (W trng RF on L bk R twd COH, rec L trng LF, sd R to fc M, -) end in original pos;
QQS 14 Leading W trn RF under jnd R hnds then L hnds flex L knee extend R twd RLOD skimming floor to end in L Lunge Line fcg W jnd L hnd above R hnds, rise L trng W LF under jnd L hnds then R hnds, fwd R, - (W trn RF on R undr jnd hnds stp bk L & lower leaving R extended fwd twd RLOD to end in Sit Line fcg RLOD, rec R LF under jnd hnds to fc M, sd L, -) end in original pos;

PART-A (CONT'D)

- QQS 15 Fwd L trng W RF as in Count 1 Meas 13 PART-A, rec R, bk L leading W spiral LF & release hnds, - (W trn RF on L bk R twd COH, rec L, fwd R spiral LF full trn, -) end in Shadow/Wall W IF of M no hnd jnd;
- QQS 16 Bk R, rec L, fwd R, - (W fwd L, fwd R trng LF, sd & bk L, -) end in LOP Fcg/Wall;

PART-B

- 1 - 4 OPEN HIP TWIST OVETRND TO SHADOW & POINT; FAN; STOP & GO HOCKEY STICK W SPIN LF;;**
- QQ&S 1 (LOP Fcg/Wall) Fwd L, rec R/cl L leading W twist RF, point R twd RLOD upper body sway slightly L twd LOD, - (W bk R, rec L/fwd R twisting RF strongly to fc Wall, XLIF of R without wgt pointing twd DRW, -) end in Shadow Wrapped/Wall leaning upper body twd LOD free hnds extended sd twd RLOD;
- QQS 2 Bk R, rec L, sd R, - (W sd & fwd L crossing IF of M, fwd R trng LF to fc RLOD, bk L, -)end in Fan/Wall;
- QQS 3 Fwd L, rec R raising jnd lead hnds, sd L lead W trn LF under lead hnds lean upper body twd LOD, - (W cl R, fwd L, fwd R & trn LF to fc LOD & flex R knee slightly leaving L pointing LOD, -) end in Modif. Wrapped Pos/Wall M's R hnd extended sd twd RLOD W's L hnd wrap her body;
- QQS 4 Bk R, rec L trng LF to fc LOD, sd R, - (W crossing IF of M spin LF 1-3/4 under jnd lead hnd L/R, L/R (W Q&Q&S) to fc Wall, bk L twd COH, -) end in Fan/LOD;
- 5 - 8 HOCKEY STICK;; FWD BASIC & CHG POINT; OPEN BREAK INTO RF RONDE;**
- QQS 5-6 (Fan/LOD) Fwd L, rec R, cl L raising jnd lead hnds high above head, - (W cl R to L, fwd L, fwd R, -);
- QQS Bk R trng RF slightly, rec L, fwd R twd DLW, - (W fwd L, fwd R trng LF under jnd lead hnd to fc M, sd & bk L, -);
- QQ&S 7 (LOP Fcg/DLW) Fwd L, rec R/cl L to R, point R twd DRW free hnd extended sd, -;
- QQS 8 Trng RF on L sd R in LOP/DRW momentarily swing free hnds up above head CW, rec L trng LF to fc ptr, assuming Bjo fwd R outside ptr flexing knee ronde L CW toe to floor to fc COH (W ronde R CW to momentarily SCP) -;
- 9 -12 CONT RONDE TO LOP/WALL; ROLL ACROSS; LOWER & RISE; W ROLL IN & LF SPIN;**
- SS 9 Cont tm on R & ronde L twirl W LF under jnd hnd, -, rising on R cl L to R without wgt, - (W XRIB/sd L (W Q&Q&S) comm trn LF under jnd hnd, fwd R cont trn LF/sd L, tch R, -) end in LOP/Wall free hnds extended straight up palm out;
- QQS 10 Trng LF sd & fwd L crossing bhnd W to fc COH momentarily releasing hnd hold, cont trn sd R, joining M's R & W's L hnds sd L leaving R extended twd ptr & RLOD, - (W roll RF Wall sd of M) end in OP/Wall free hnd extended straight up plam out;
- SS 11 Closing R to L without wgt flex both knees & swivel twd ptr free hnd down caressing face & chest, -, swiveling away from ptr extending knee raise free hnds straight up palm out, - end in OP/Wall;
- QQS 12 Lead W roll LF, release R hnd hold & join M's L & W's R hnds above head, spin W LF under jnd hnd, - (W roll LF L, R to fc M, closing L to R without wgt spin LF full trn, -) end in LOP Fcg/Wall jnd hnd still kept above head free hnds extended sd twd RLOD;
- 13-16 W LF SPIN; OVERSWAY LINE; SAME FOOT LUNGE LINE; TELESPIN;**
- SS 13 Flex both knees leading W spin LF, -, rise extending both knees, - (W flexing both knees spin LF under jnd hnd full tm, -, rise extending both knees, -) attain original pos wgt on M's L & W's R;
- SS 14 Releasing L hnd & hold W's waist with R hnd flex L knee extending R twd RLOD, -, twist body slightly LF free hnd extended high, - (W resting R hnd on M's L shoulder flex R knee extending L twd RLOD, -, twist body slightly LF free hnd extended sd, -);
- SS 15 Rise on L & cl R to L both hnds holding W's waist, flex R knee & extend L twd LOD holding W's waist with L hnd free hnd extended high, - (W rise on R & swivel RF to fc LOD flicking L bk resting both hnds on M's shoulder momentarily, -, flex R knee extending L twd LOD & release R hnd extending sd;
- &QQS 16 Hold leading W stp fwd/fwd L comm trn LF both hnds holding W's waist, sd & fwd R cont pivot, fwd L twd LOD releasing L hnd hold & extended sd, - (W stp on L/bk R comm trn LF keep L hnd resting on M's R shoulder free hnd extended sd, cl L to R heel trn LF, fwd R, -) end in Half OP/LOD;

INTER

1 - 4 SPOT TRN (W SYNC SPOT TRN); SHADOW FENCING; ARM SWING;
X BODY (W TRANS) TO FAN;

- QQS 1 (Half OP/LOD) Fwd R releasing hnd & trn LF to fc RLOD, fwd L cont trn LF to fc Wall, sd R, - (W fwd (W QQ&S) L & trn RF to fc RLOD, fwd R cont trn RF/sd L cont trn RF to end fc Wall, sd R, -) end in Shadow/Wall as in INTRO;
- 2-4 Repeat Meas 2-4 INTRO;;;

PART-C

1 - 4 SPOT TRN; R LUNGE LINE (W SIT LINE) & W SPIRAL; (SHADOW/LOD)
DIAG CROSS WALKS;;

- QQS 1 (Half OP/LOD) Fwd R releasing hnd & trn LF to fc RLOD, fwd L cont trn LF to fc Wall, sd R, - end in LOP Fcg/Wall W slightly M's rt side;
- QQS 2 Flex R knee extending L twd LOD skimming floor to attain R Lunge Line extend L hnd twd RLOD leading W stp bwd, rise on R, raising L hnd to lead W spiral LF tch L to R, - (W bk R twd RLOD trng slightly RF to attain Sit Line, rec L, fwd R & spiral LF under jnd lead hnds, -) end in Shadow/LOD;
- QQS 3-4 (Same Footwork) XLIF, sd & fwd R, XLIF & swivel LF fan R CCW, - end in Shadow/DLC; XRIF, sd & fwd L, XRIF & swivel RF fan L CW, - end in Shadow/DLW;

5 - 8 XLIF & EXPLOSION; W ROLL OUT; BASIC; ALEMANA;

- SS 5 XLIF release hndhld & cross both hnds at waist level, -, raise both hnds up above head, -;
- QQS 6 Bk R, rec L trng LF slightly fcg LOD, fwd R, - (W bk R, rec L comm trng LF/sd & fwd R cont trn LF to (W QQ&S) fc RLOD, bk L, -) end in R Hndshake/LOD;
- QQS 7-8 Fwd L, rec R, cl L to R raising jnd R hnds above head, - (W bk R, rec L, fwd R twd M, -); Bk R leading QQS W trn RF under jnd hnds, rec L, fwd R outside W, - (W fwd L, R, L trng RF under jnd hnds, -) end in OP Fcg/LOD jnd R hnds held at waist level W slightly M's R side;

9 -12 ADV HIP TWIST (M PRESS LINE); CONTINUOUS CIRCULAR HIP TWISTS;;
OVERTRND ALEMANA TO SHADOW;

- QQS 9 Fwd L on toe flexing knee body erect (Press Line) looking at W extend R hnd sd to lead W swivel RF free hnd extended high, rec R, XLIB leading W swivel LF, - (W swivel RF on L & bk R to fc LOD L hnd extended extended fwd, rec L, swivel LF on L & delayed fwd walk R outside M, -);
- QQS 10-11 Comm circling LF gradually & keep jnd hnds between bodies at waist level sd & bk R, XLIB delayed QQS walk, sd & bk R, - (W swivel RF on R & fwd L, swivel LF & fwd R delayed walk, swivel RF on R & fwd L, -); XLIB delayed walk, sd & bk R, XLIB delayed walk, - (W swivel LF on L & fwd R delayed walk, swivel RF on R & fwd L, swivel LF on L & fwd R to fc M, -) end in OP Fcg/Wall jnd hnds raised high above head;
- QQS 12 Bk R leading W trn RF under jnd R hnds, rec L, cl R to L releasing hnd & put both hnds at W's waist, (W QQQQ) - (W walk fwd L, R, L, R overtrng RF to fc Wall) end in Shadow Pos/Wall as in INTRO;

13+ SHADOW FENCING; ARM SWING,

- SS Q 13+ Repeat Meas 2 INTRO; Swing L arm CCW & hold above head,