

# TENDERHEART RUMBA

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**Count:** 56

**Wall:** 2

**Level:** intermediate

**Choreographer:** Abby Mina & Kip Lo

**Music:** Tender Heart by Lionel Richie

**Lionel starts singing with the word "every" on count 1. Start dancing on count 2**

## **BASICS BACK AND FORWARD (BASIC MOVEMENT)**

**2-3-4-1** Right foot step back, return weight to left foot, right foot step to right side, hold

**2-3-4-1** Left foot step forward, return weight to right foot, left foot steps to the side and slightly back, hold

## **CROSSOVER BREAKS LEFT AND RIGHT (NEW YORKERS)**

**2-3-4-1** Turn body  $\frac{1}{4}$  turn to left and step right foot forward (9:00), return weight to left foot, turn body  $\frac{1}{4}$  to right and step right foot to right side (12:00), hold

**2-3-4-1** Turn body  $\frac{1}{4}$  turn to right, step left foot forward (3:00), return weight to right foot, turn body  $\frac{1}{4}$  to left and step left foot to left side (12:00), hold

## **BACK ROCK, STEP, $\frac{1}{2}$ TURN TO RIGHT, SIDE ROCK, STEP (PART OF THREE THREE'S)**

**2-3-4-1** Right foot step back, return weight to left foot, right foot step forward, hold

**&** Turn  $\frac{1}{2}$  turn to right on right foot (6:00)

**2-3-4-1** Step left foot to left side, return weight to right foot, step left foot next to right foot, hold

## **DIAGONAL ROCK, 1 FULL TURN TO LEFT, SITTING PRESS LINE CHECKED (PART OF SLIDING DOOR)**

**2-3** Step right foot diagonally back to right side, return weight back to left foot

**&** Turn a full turn to the left on left foot (6:00)

**4-1** Step right foot next to left foot, hold

**2&** Step forward on left foot (split weight, sitting checked), do a small hip rotation on left hip

**3&** Return weight back to right foot, do a small hip rotation on right hip

**4-1** Step left foot next to right foot, return weight to left foot (returning back to normal standing position)

## **BACK ROCK, STEP, SPIRAL TURN, STEP, TURN, TOUCH**

**2-3-4-1** Step back with right foot, return weight onto left foot, step right foot forward, hold

**&** Full spiral turn left

**2-3-4-1** Step left foot forward, step right foot forward and turn  $\frac{1}{2}$  turn to right, touch left foot next to right foot, hold

### **ALTERNATING KNEE BENDS, SWEEP FRONT TO BACK**

**2-3-4-1** Bend left knee, straighten left and bend right knee, straighten right and bend left knee, return weight to left foot

**As you straighten the knees on the '&' counts between the knee bends, use a figure 8 Cuban hip motion**

**2-3-4-1** Step right foot to right side, cross step left foot behind right foot, rondé front-to-back, step right foot down

### **SIDE ROCKS LEFT AND RIGHT, WALK, WALK, TURN, BACK**

**2-3** Step left foot to left side, return weight to right foot

**&** Step left foot next to right foot

**4-1** Step right foot to right side, transfer weight to right foot

**2-3** Step left foot forward, step right foot forward

**&** Turn  $\frac{1}{2}$  turn to left

**4-1** Step left foot back, hold

### **REPEAT**

**International rumba styling is preferred, where the weight is transfer on each step, on the 3rd beat you hold position and that takes the full 2 counts**